

BBC

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Middle East

The travel issue

Discover flavours of the world and culinary hotspots!

Brazil on the grill

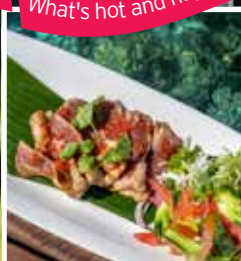
Cook a succulent Latin-American barbecue

Flavours of China

Regional classics with step-by-step recipes

What's hot and happening in the world?

WIN!
.....
**DINING
VOUCHERS AND
GOURMET
HOTEL STAYS**



ISLAND DINING IN THE
INDIAN OCEAN



A SWEDISH SUPPER
FOR TWO

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Welcome!

This month it's all about travel at BBC Good Food Middle East, as we explore flavours of the world. Admittedly, this issue has been one of my favourite editions to plan and write – with travel, alongside food, being a huge personal passion of mine (I mean, what could be better than going on a culinary adventure in an exciting new place?).

It's that time of the year where temperatures have finally reached that 'too uncomfortable to dine outside' stage, and days at the beach are numbered as it becomes impossible to cool off in the water. It seems like everyone around is planning summer getaways to cooler climates, so to help with the vacation preparation you'll find plenty of this year's hottest travel destinations inside. And, to navigate through the countries, you'll see features labelled with flags, ranging from the likes of Sweden, Mauritius, Brazil, to Italy, Maldives and more.

While dreaming of your upcoming food-focused voyage, introduce new flavours into your kitchen at home with easy-to-make recipes. Start with a taste of Spain by rustling up a flavoursome paella (*One-pot supper*, p68) before heading to Sweden for a dessert (*Swedish supper for two*, p44) of lingonberry and ginger cheesecake. For masters of the barbeque, don't miss recipes from 'Brazil on the grill' featured from page 37 – the country is famous for its succulent, churrasco style food after all! This issue also takes you on a food tour of Paris (*Food lovers' weekend in Paris*, p96) and Venice (*A snapshot of Venice*, p98) through the lens, plus it includes a one-to-one with celebrity chef Simon Rimmer (*Simon's Scene*, p80) from Dubai Marina's 'The Scene', who sheds light on his thoughts for a second venture in the city. In addition we delve inside the Michelin-starred world during a recent trip to Mauritius, where starred chefs from around the globe came together for a cook-off of the highest standards imaginable (*Michelin-starred Mauritius*, p82). Wherever your wandering taste buds lead you this month, I hope you enjoy discovering flavours of the world in this issue, as much as I enjoyed writing it.

Have a magical May, everyone!



Sophie
Editor

WHAT WE'RE LOVING!



"This saddle of lamb recipe is perfect for Saturday lunch at home," says sales manager, Carol.



"With temperatures on the rise, this salad of hot smoked salmon with new potatoes and watercress is perfect for light and tasty dining," says sales executive, Liz.



Sales director, Michael says: "I love how simple this home-style lamb curry is to make. Quick, tasty and hassle-free!"



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Our recipe descriptions

V Suitable for vegetarians

❄ You can freeze it

❄ Not suitable for freezing

Easy Simple recipes even beginners can make

A little effort These require a bit more skill and confidence – such as making pastry

More of a challenge Recipes aimed at experienced cooks

Low fat 12g or less per portion

Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

Good for you Low in saturated fat, low in salt.

Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving

Vit C **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients

GLUTEN FREE Indicates a recipe is free from gluten

Some recipes contain pork & alcohol.

These are clearly marked and are for non-Muslims only. Look for these symbols:

P Contains pork

A Contains alcohol



Being a mother of four I am always searching for easy recipes that are creative, allowing me to cook something new every week. For my kids, the food not only has to taste good but

it has to look nice on their plates too and be colourful, which has always been challenging, but thanks to BBC Good Food ME - you've made my life much easier with your selection of child-friendly recipes! Thanks for the inspiration...

Dalia El Emary



I loved your travel feature on the Philippines! I am from there and very rarely see anything published about my country and food here in

Dubai. Thanks for the recognition, I urge everyone to try the cuisine!

Ashera Pederoa

Oh my goodness! How beautiful is the 'bake a gift' recipe piece in April's issue? I'm just curious - has anyone managed to recreate the recipes? They look too good to be true...

Janet Parkinson



Win!

The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola**, The leading retailer of European products and essential items for kitchen. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauviel, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER

Reading your magazine on my mobile has become a monthly activity for me - it's easy as I can read while feeding my kids or travelling. Last month's April issue was super delicious - I loved the Sri Lankan recipe on the chicken pages - my weekend was sorted! The chart for 'what to eat for your age' was an eye opener for me as I'm nearing my 30s sadly, and I wasn't aware of what important nutrients I should be consuming. Over all the issue was packed with healthy delicious recipes and tips. I'm actually already seeing myself waving goodbye to belly fat (Say goodbye to belly fat, pg60) and imagining the smile on my hubby's face. Thank you BBC Good Food Middle East! With love!

Mafaza Haleem



TALK TO US!

Email us on feedback@bbcgoodfoodme.com with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on:



Or, you could write to us at: **The Editor**, BBC Good Food Middle East, Grosvenor Business Tower, Tecom, Office 804PO Box 13700, Dubai, UAE.



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HEALTHY LIVING THE **KIWI** WAY!

Kiwi is an exotic fruit that originated in China, with a fuzzy outer skin and juicy flesh. Rich in trace elements, minerals and vitamins, the kiwi quickly conquered the global market with its unique, exceptional sweet and sour taste!



Why introduce kiwi into our daily diet?

It is rich in vitamin C. Consumption of a single kiwifruit can cover the human organism's daily requirement in this vitamin. It is also an excellent source of vitamins A, E and B complex, and it contains potassium, phosphorus, and magnesium.

European kiwis conquer the global market!

European kiwi stands out for its quality, both in taste and in nutritional value, because it is harvested by hand. Kiwis are placed in suitable refrigerated storage areas within 24 hours from harvesting, thus guaranteeing that all of the fruit's nutrients are preserved.

European kiwis stand out and are sought after in many international markets, and are exported to over 51 countries in Europe, Africa, Asia and America.

How to enjoy kiwis

There are several different ways to incorporate kiwis into your daily diet:

- Serve your friends a refreshing fruit drink made with kiwi and melon.
- Make delicious and healthy kiwi-based smoothies.
- Enrich your breakfast by adding freshly cut slices of kiwi to yoghurt or to your cereal.
- Enjoy chocolate kiwis! Cut the kiwis in slices and dip them in melted chocolate. The taste is a revelation!
- Simply add kiwi to your favourite green salad.

So let your imagination run free and pleasantly surprise your friends and family, by using kiwi in various recipes. The results will amaze you!



QUESTION OF THE MONTH

What are your top three favoured destinations for food-focused travel and fun culinary adventures?

Q & A

**Darren Velvick**

Head chef at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurant, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus.

🍷 New York, I went in 2005 and in 2013, and both times had the best meals of my life. It reminds me of London in the 90s, when the UK went from being recognised for doing sub-standard cooking, to growing quickly with great chefs coming on the radar like Marco Pierre White and Gary Rhodes. Next I'd say Spain. I travelled through Spain on my motorcycle with my best friend once and what I loved is that you can end up in the more remote of places and find the best little back-street restaurants serving some of the best tapas. Lastly, New Forest in the UK where I go camping with my family. I take my fishing rod and catch some mackerel, bass, mussels, and sea purslane. I normally go out in the mornings to find foods in the forest like mushrooms and greens. Then in the evening we make our meal over a campfire. It really is the best experience. 🍷

🍷 Quality of ingredients is paramount in Italy but in Milan there is a post-modern energy too. Admire the stunning architecture then stop off at an array of restaurants from high end to street food. Go to Dry for the vibe and pizza, Langosteria for high end seafood in a relaxed setting and seek out Macelleria Popolare for lunch - a butcher's stall and grill in a shopping arcade - it's phenomenal. Find out more on the food tour company Sauce Milan website. I'm a serial visitor to the Republic of Georgia and the cuisine is a fascinating reflection of its position on the spice trail and multiple invaders. Khinkali (dumplings) are a must. You bite the top off, drink the gravy then eat the rest. Choose from 40 kinds of khachapuri (cheese bread). Beautiful vegetable dishes and grilled meats load the table at a supra or feast often accompanied by singing and legendary toasts. Lastly, the UK is a great foodie destination with some incredible small artisan producers often found at farmers' markets. Stroud is one of my favourites. 🍷

Sally Prosser

Author of award-winning food and travel blog mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.

**Tomas Reger**

Award-winning freelance chef and food consultant. Originally from the Czech Republic, he started his culinary career in London. Founder of Tomas Reger Food Consultants, he is now the executive chef of Intersect by Lexus, DIFC.

🍷 Without a doubt - San Sebastian, Spain and Tokyo in Japan. In both cities there is good food at every corner. No matter if it is a Michelin starred restaurant or street food (and there is plenty of both). I was in awe of the quality of ingredients in Japan and the passion for food in San Sebastian in general. And, if you are looking for the next trend in the F&B head to London and get inspired! 🍷

🍷 New Zealand - My favourite country for healthy dining!! (I may be a little biased). Especially the main cities such as Auckland and Wellington are packed full of small local eateries that cater towards vegetarian, vegan and raw food diets. Cafes that offer healthy nutrient packed options is a trend on the rise with new boutique style cafes opening up all the time! Vanuatu - The fresh fruit and vegetables that grow on the South Pacific tropical island of Vanuatu was truly amazing. Coconut and papaya trees grew on the roadside! Local markets were on every day that offered the freshest fruit and veg. The passion fruit, mango, pineapple and cherry tomatoes were my favourite! Sri Lanka - for the fresh fish, caught daily by locals, and traditional dishes such as curries and dahls that offered so many exotic flavours. 🍷

Chloe Moir

A nutritionist with over 4 years' experience, Chloe teaches clients to make healthy choices and small lifestyle changes that help to achieve personal goals. Her food and nutrition blog offers nutrition tips and nutritious recipes: www.chloemoirnutrition.com.



Flavours *of the* *month*

Here is what's hot and happening
around town this month.

New on the block

📍 Shimmers, Madinat Jumeirah

Set upon the beach overlooking Burj Al Arab, Shimmers has reopened at Jumeirah Mina A'Salam. The menu comprises fresh Mediterranean cuisine by Greek Chef Ilias Kokoroskos. Lunch options include wild green pita with feta cheese honey and yoghurt; beetroot salad and fried calamari with quinoa. Highlights on the dinner menu include the tuna ceviche and the Patagonian toothfish with white fennel. 04-3666730.

📍 Katana Dubai, Downtown Dubai

A robata and sushi bar from the Sunset Strip, Los Angeles, has touched down in Dubai - officially opening last month. With a waterfront position between Souk Al Bahar and The Dubai Mall, the restaurant offers Burj Khalifa views. Katana is known for having pioneered the 'robatayaki' style of authentic Japanese cuisine, where bamboo skewered gourmet fish, meat and vegetables are grilled over a charcoal-induced open flame. 04-2778808.

📍 Mayta, DIFC

Serving up Peruvian cuisine with contemporary techniques, Mayta opened its doors last month with Peruvian chef Jaime Pesaque at the helm. With a seasonal menu using the freshest, in-season ingredients, Mayta offers a 'sharing style' dining experience in warm, rustic and colourful surroundings. 04-5148774.

📍 El Chico, RAK

The popular casual, Mexican eatery has opened doors at its first outlet in Ras Al Khaimah at the Emirate's shopping destination, Al Naeem Mall. All the way from Dallas, Texas the restaurant. True to tradition, expect to find tex-mex favourites like enchiladas, fajitas and tacos.

Shimmers, Madinat Jumeirah

Latitude, Jumeirah Beach Hotel

Saturdays just got exciting with Latitude's new 'Authentically American Saturday Brunch'. Complete with a live band Latitude will showcase traditional American favourites as well as international dishes to suit all tastes. Take your pick from smoked sliders, burgers, sweet potato chips, stuffed jalapenos, beef brisket, chicken wings, and more, matched with unlimited beverages. From 1-4pm every Saturday, brunch costs Dhs350 per person inclusive of house grape beverages, hops, water and soft beverages, Dhs275 per person inclusive of house water and soft beverages, or Dhs155 per child (4-12 years). Children under four dine free. *Call 04-4323232.*

Wakame, Sofitel Downtown Dubai

If you're on the lookout for a Friday brunch that starts a little later in the day -here's one for you. The Shanghai Grand Brunch at dusk, from 3-6pm every Friday has now launched at Wakame and invites guests to travel back in time to the 1920s and 1930s in Shanghai. The late afternoon affair will serve a feast of dim sum and specialty maki, Asian salads, decadent Asian-inspired desserts and much more. Priced at Dhs295 with house beverages and Dhs195 with soft beverages. *04-2246663.*

The Maine Oyster Bar & Grill, JBR

New menu items have been added at the New England-inspired Seaside brasserie. The new selection of spring and summer dishes brings a lighter approach to the menu - perfect for lunchtime. With options like salad nicoise, steak frites, cedar plank salmon, chicken panzanella salad, seabass filet and more, there's plenty to choose from. Daytime diners can sample some of the newest menu additions as part of a lunch prix fixe menu that includes a two course lunch and a glass of grape or hops from just Dhs99 from 12-4pm, Sunday to Thursday. *Call 04-4576719.*



New
brunches

Patiala by Kunal Kapur, Souk Al Bahar

Explore India through the eyes of celebrity chef Kunal Kapur as he prepares an evening of gastronomic discovery at a private chef's table between May 22 and 31. With the chef personally cooking each dish, you will be served an exclusive menu created using the best of summer produce. Menu items include mango panna granita with mint ginger foam, Chilean seabass with strawberry chutney caviar and garbar falooda fruit spaghetti dessert. Priced at Dhs500 with soft drinks and Dhs750 with alcoholic pairing. *Call 04-4519151.*

YNOT, InterContinental Dubai Marina

An exclusive unlimited cheese package has launched at YNOT for guests to enjoy during the outlet's weekly, live jazz nights. While music plays in the background, a choice of seven cheese for Dhs100 per person from 8-11pm every Wednesday will be served. Cheeses will come to your table on a trolley and will include Italian and Swiss farmhouse platters. *Call 04-4466669.*

El Sur, The Westin Dubai

Treat yourself to a fiesta on Friday with an all you can eat Spanish spread. From 12.30-3.30pm every Friday, for Dhs395 per person, you can enjoy dishes including the likes of roasted lamb shoulder with patata panadera, homemade chicken pâté and jugs of gazpacho, topped off with deserts made to share such as fried milk with scoops of sweet cinnamon ice cream - all paired with hops, grape and selected house beverages. *Call 04-3997700.*

Lakeview, Dubai Creek Golf & Yacht Club

This hidden oasis provides views across the city, offering guests a laidback atmosphere, extensive menu, themed nights, a cider garden and live entertainment. The themed buffet menus throughout the week, feature international cuisines, including a churrasco grill, tandoor station, a dim sum station, peking duck station, a salad stop and a dessert island. Lakeview also offers 14 types of shisha, alongside its drinks menu and cider garden. Open daily from breakfast through to late, Lakeview has an a la carte breakfast and lunch menu; the themed buffet is served from 7-11pm. *Call 04-2956000. >>*





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Tried & *tasted*

Each month, we review two of the city's top tables.

City views



Reviewed by Sophie McCarrick

Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

Where: Weslodge Saloon, JW Marriott Marquis Hotel Dubai, Tower B

What's it like: Making its debut outside of Canada, this rock and roll chic, saloon-inspired eatery has opened its doors 68 floors up, with a menu that explores contemporary American cuisine – and a definite Canadian influence (yes, that means there's poutine! Posh poutine at that, as it comes served with lobster). What strikes me first – aside

from the stunningly original, vintage-cool interiors – is the friendly Canadian staff. What a difference it makes to the authenticity of a restaurant when the team brings natural, Northern American hospitality to the table. To start we shared a gorgeously prepared lobster roll – served with chunks of meaty lobster, plus a foie gras parfait. I must admit, I'm not the biggest foie gras fan – I tend to find it too rich for my taste. But this one

was pleasantly equalised by date and slim granny smith apple slices on brioche. Next up came a different spin on beef tartare, served smoky with pickled mushroom, shavings of cured egg yolk, black truffle and horseradish cream. For mains we enjoyed a succulent serving of grilled Welsh Rhug Estates lamb chops (from the preferred supplier of the Queen we're told), and an 8oz USDA prime tenderloin, which had a beautiful woody taste due to the

kitchens made-to-order grill that uses hardwood and charcoal. For dessert? An irresistible caramel and hazelnut mille feuille. Overall, a definite new must-try spot, rocking its food, drink and music with contagious attitude – it's even worth stopping by just for the outstanding beverage list!

If you want to go: Around Dhs400 per person for three-courses, excluding beverages. Call 052-9153335.



Photographs supplied and by REVIEWER



Where: Prime68, JW Marriott Marquis Hotel Dubai, Tower A

What's it like: With breathtaking views of Dubai's glittering skyline, Prime68 transports you to a swanky, elegant and sophisticated scene on the 68th floor. With a live jazz duo playing in the main dining room, the gorgeously decorated, black and white restaurant is filled with a warm, musical ambiance – you're instantly having a good time. It's all about the meat here, and there's a serious offering to choose from. To start we shared a plate of wagyu meatballs and a stunning serving of the restaurant's signature Prime68 lump crab cakes with cabbage apple slaw – and let me say, there's a reason they're 'signature', so refreshingly meaty, extremely flavourful and succulent (be sure to ask

chef Simon for his recipe...). For main we opted for the 12oz USDA prime strip loin and an 8oz USDA prime fillet, cooked perfectly medium-rare on a Jospier, served with a fantastic selection of sauces like black truffle butter, horseradish cream, spicy chimichurri and more. On the side, we had an irresistible pan of creamed sweet corn mixed with lobster chunks (I couldn't get enough of it!), smooth mashed potato and asparagus. All in all, an outstanding meal. Personally, I think this is a spot for the grown-ups to have fun, in a group, or as a romantic date night – there's also a beautiful private dining space perfect for celebrations.

If you want to go: Around Dhs400 for three-courses, without beverages. Call 04-4143000.

Q Culinary & A

Expert advice
for in and out
of the kitchen



Tomas Reger,
*executive chef at Intersect by Lexus, DIFC and
founder of Tomas Reger Food Consultants,
addresses your culinary dilemmas.*



Q. When travelling in the car for long periods of time, what meals are easiest to pack?

My childhood travel memories are filled with breaded chicken escalope between two breads - that's the way it is done where I'm from. I tend to go a bit healthier now. I always pack dried fruits such as mangos and nuts in handy zip lock bags. I make veg sticks out of carrots, celery and cucumbers - they stay fresh when you cover them with a little of lemon juice. Rather than making the sandwiches that will tend to

go soggy, I pack all components individually and do a quick pit stop - also beware, you can get fine for eating while driving now!

Q. When visiting a foreign country, what food products are the safest options to stick with?

To be honest, during my travels I only got sick in hotels, never from the street food. There are few rules that you could stick to - go where the locals go, look at the general cleanliness of the people working there and opt for fully cooked

dishes that are served hot and try to avoid any pre-cut fruits and vegetables.

Q. I want to bring more international flavours into my kitchen at home, which cuisines are easiest to start with?

One of the many advantages of living in UAE is the multinational environment. Ask your colleagues for their favourite recipes from their home country and experiment. If I was to pick one cuisine I'd say Thai. The cuisine is based mainly on the freshness of ingredients.

Nutrition Q&A

I have a tendency to get sick after travelling by airplane, what should I eat and drink to help prevent this from happening?

I would highly recommend you pack your own food to take on the plane with you and avoid the airplane meals and snacks. The meals and snacks provided are often highly processed, lacking fresh produce and void of nutrients. It is likely that the meals are also different to your usual diet, so stick to what you usually eat and what your gut and stomach can digest. I will always pack a cooler bag with 2-3 meals (depending on length of flight) and also lots of healthy snacks. Stay hydrated while you fly by drinking plenty of water and staying away from the sodas, juices etc. This is important as many people come off flights dehydrated.

I always put so much weight on when on holiday. How can I prevent this from happening?

Holidays are usually a time where we over indulge a bit too much! Of course it's ok to try the traditional dishes and foods that the country has to offer but try to keep your choices as natural and as unprocessed as possible. Another important tip is to exercise! Get up early every morning and hit the gym in your hotel. Or take a run/walk around the city, you will feel so much better for it!



Chloe Moir,
*a qualified
nutritionist and
personal trainer
with over 4 years'
in the health
industry tackles
your nutrition
dilemmas.*





Amwaj
Rotana
Jumeirah Beach – Dubai

An Aperitivo Affair

Saturday 5 - 8 p.m.

Do like the Italians do and indulge in a pre-dinner affair to entice the taste buds.
Perfect for a weekend catch-up with friends, Rosso presents Aperitivo.

Featuring three hours of Italian bites, a selection of cold cuts, cheese and olives.
Not to forget, an extended happy hour from 6 - 9 p.m.

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Bee amazed

Essential for pollinating crops worldwide, the hard-working honeybee is having a tough time due to diseases, bad weather and modern farming methods

Feature Henrietta Green



Mead is possibly the world's earliest alcoholic drink, made by fermenting honey with water, and sometimes fruits, spices and grains.

The world record for 'most bees on a body' is held by Gao Bingguo from China. Covered by 1.1 million bees, he was stung more than 2,000 times during his winning attempt last year.



Ever seen a honeybee 'dance'?

By buzzing in a circle and wiggling its abdomen, a bee is showing fellow workers where to find plenty of nectar.

Help ensure the honeybee's survival by planting bee-friendly trees and flowers. Visit bbka.org.uk for more info.



Bees fascinated Napoleon.

A symbol of power and prestige, he had them painted on his china and glassware, and embroidered on his coat of arms, clothes and furnishings.



There are around 274,000 honeybee hives in the UK, mostly kept by amateurs rather than professional beekeepers. Each colony holds about 35-40,000 bees in the summer, dropping to around 5,000 in winter. Last winter, about 14.5 per cent of colonies were lost due to poor weather, diseases and parasites, such as the varroa mite.

On its roof, Fortnum & Mason

has the poshest hives in Britain. Almost twice the height of a normal hive, each one has a triumphal entrance arch designed in a different architectural style - Roman, Mughal, Chinese and Gothic.



Dodge produced its first Super Bee car in 1968. The high-performance car had bee racing stripes circling the tail, and a big Super Bee emblem on the rear fenders.



3 ways to cook with honey

Visit bbcgoodfoodme.com for these recipes, plus lots more



Peking duck

With honey-coated crisp skin



Honey-glazed roast carrots

Sticky, succulent and sweet



Honey cake with honeyed almond crunch

Delicious teatime treat



| MAKE SURE IT'S RAK |



VINTAGE

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Polenta pizza with purple sprouting broccoli & mozzarella, p28



IN THIS SECTION



* Cook a roast with the most this weekend - this menu is sure to please a crowd, **P18**



* Spruce up those boring salads and give this fresh recipe a try, **P29**



* Make things simple and delicious with this one-pot dish of goodness, **P69**

Home Cooking

Inspiring recipes for easy everyday meals and stylish weekend entertaining

John Torode's

roast with the most

Saddle of lamb

Pods & sods
with watercress

Cauliflower cheese

Boulangier
potatoes
with bacon



John Torode, BBC MasterChef judge, creates a prepare-ahead menu for the perfect Saturday get together or an indulgent family celebration - this meal promises to be a real crowd-pleaser

Photographs Will Heap Illustrations Danielle Kroll

MENU FOR 6

Smoked salmon, cucumber, capers & soda bread

Saddle of lamb

Pods & sods with watercress

Boulangier potatoes with bacon

Cauliflower cheese

Chocolate pie with toffee sauce & coffee cream

Get ahead

- The lamb can be stuffed and tied up to two days before cooking.
- Make the chocolate pie and chill for up to two days.
- Bake the bread a day ahead - it can be warmed in a low oven for 10 minutes before serving.
- Assemble the cauliflower cheese and boulangier potatoes a few hours ahead. Add five minutes to the final cooking time if they're fridge-cold.



Smoked salmon, cucumber,
capers & soda bread



Smoked salmon, cucumber, capers & soda bread

This is a crowd-pleasing, help-yourself starter. I've used smoked salmon, but smoked trout, gravadlax or prosciutto will work just as well. Take the bread out of the oven an hour before lunch and it will still be warm when it hits the table.

EASY **LOW FAT** **FIBRE** **OMEGA-3** **10F5 A DAY** **bread only**

SERVES 6 PREP 10 mins COOK 35 mins

1 large cucumber
small pack dill, chopped
200g/7oz pack smoked salmon
small jar capers in brine
1 lemon, cut into 6 wedges
FOR THE SODA BREAD
280g/10oz strong white flour,
plus a little extra for dusting
200g/7oz wholegrain flour
1 heaped tsp bicarbonate of soda
350ml/12fl oz buttermilk
1 large egg
1 tsp clear honey
butter, to serve

1 First, make the soda bread. Heat oven to 200C/180C fan/gas 4 and dust a large baking sheet with flour. In a large bowl, combine the flours, bicarbonate of soda and $\frac{1}{4}$ tsp salt. Pour the buttermilk, egg and honey into a jug and whisk to combine.
2 Make a well in the centre of the dry ingredients and pour in the wet mixture. Using a wooden spoon, bring the mixture together to form a dough - if it's too wet and sticky, add a little extra flour. Shape into a rough ball and place on the prepared baking sheet. Sprinkle over a little flour, make a criss-cross incision on top of the loaf and bake in the oven for 35 mins - the bread is cooked when you tap the bottom and it sounds hollow. Slide onto a wire rack to cool a little before slicing.
3 Meanwhile, using a peeler, slice the cucumber into long ribbons all the way around, but discard the seeded centre. Place in a bowl, sprinkle with a little seasoning and mix well with the dill.
4 Serve at the table with the salmon slices, capers, lemon wedges, soda bread and butter.

PER SERVING 403 kcs • fat 6g • saturates 1g • carbs 63g • sugars 5g • fibre 6g • protein 21g • salt 2.0g



Saddle of lamb

A LITTLE EFFORT **WINE** **P**

SERVES 6 PREP 20 mins COOK 1 hr 25 mins

1 boned saddle of lamb weighing approx 1.5kg/3lb 5oz, skirts removed (ask your butcher to do this for you)
2 rosemary sprigs
1 tsp olive oil
50ml/2fl oz white wine vinegar
FOR THE STUFFING
25g/1oz butter
4 banana shallots, finely chopped
2 garlic cloves, crushed
50g/2oz pancetta cubes
small pack flat-leaf parsley, roughly chopped
6 sage leaves, torn
1 tsp grated lemon zest
50g/2oz fresh white breadcrumbs
1 egg yolk

1 First, make the stuffing. In a large pan, melt the butter over a gentle heat and add the shallots. Cook slowly for about 10 mins until softening, then add the garlic and stir to combine for 1 min. Turn up the heat and add the pancetta and a little seasoning. Cook until the pancetta is crisp, and the shallots are tender and turning golden. Take off the heat, add the rest of the ingredients and stir to combine (it should not be too wet, as the stuffing should absorb some of the lamb juices when cooked). Set aside to cool.
2 Heat oven to 200C/180C fan/gas 6. Lay the lamb saddle out on a board, fat-side down. Arrange the stuffing in a line down the middle, bring the sides up and roll into a large sausage shape so the stuffing can only be seen at the ends. Using string, tie the saddle, tucking the rosemary under the string, then rub with salt and a little pepper.
3 Heat the oil in a large pan over a high heat and place the rolled lamb in the pan to seal the outside, turning every minute or so, until golden - about 6 mins. Remove from the pan and place in a roasting tin. Pour the vinegar over - this will help to crisp the skin - then cook in the oven for 1 hr. Leave to rest for at least 10 mins on a board covered loosely with foil.

PER SERVING 584 kcs • fat 43g • saturates 20g • carbs 6g • sugars 1g • fibre 1g • protein 43g • salt 0.7g

Cauliflower cheese

EASY **V** **CALCIUM** **VIT C** **10F5 A DAY**

SERVES 6 PREP 5 mins COOK 25 mins

100g/4oz mature cheddar, grated
50g/2oz fresh white breadcrumbs
handful flat-leaf parsley, roughly chopped
1 large cauliflower, cut into florets
1 litre/1 $\frac{3}{4}$ pints full-fat milk, plus a splash
1 small onion, halved
85g/3oz butter
85g/3oz plain flour

1 In a small bowl, mix the cheese with the breadcrumbs and parsley, and set aside. Put the cauliflower florets in a large saucepan, cover with water and a splash of milk (this stops the cauliflower smelling) and bring to the boil. Cook for 2-3 mins until tender, then drain.
2 In a separate saucepan, pour in the milk, add the onion and some seasoning, bring to the boil, then take off the heat. In a small saucepan, make a roux by melting the butter slowly, then adding the flour, stirring to make a paste. While still over a low heat, add the boiled milk, discarding the onion. Using a whisk, beat the milk together with the roux and bring to the boil. Cook for 2 mins until the sauce is lovely and thick - make sure the heat is not too high, otherwise it will catch on the bottom and burn.
3 Heat oven to 200C/180C fan/gas 6. Transfer the cooked cauliflower to a casserole dish, pour over the sauce and top with the cheese and breadcrumb mix. Bake in the oven for 20 mins until golden and bubbling.

PER SERVING 403 kcs • fat 25g • saturates 15g • carbs 28g • sugars 11g • fibre 4g • protein 15g • salt 0.8g



'This dessert can be made in advance, and you can heat up the sauce in the microwave. I call it a pie, as it's deep, but it's more like a cheesecake or tart'



Chocolate pie with toffee
sauce & coffee cream



Boulangier potatoes with bacon

Working on MasterChef, I've seen a trend in the classics coming back. When you make these potatoes with care and love, you end up with a beautiful dish.



EASY **FIBRE** **VIT C** **❄️** **P**

SERVES 6 PREP 25 mins COOK 1 hr 50 mins

100g/4oz butter, plus extra for greasing
100g/4oz smoked bacon, cut into lardons
2kg/4lb 8oz large potatoes, thinly sliced (a mandolin is ideal)
300g/11oz white onions, finely sliced
500ml/18fl oz fresh chicken stock

1 Heat oven to 200C/180C fan/gas 6 and grease a large casserole dish. Melt the butter in a large frying pan over a medium heat. Toss in the bacon and season really well. Cook until golden and crisp, about 5 mins.

2 In a large bowl, gently mix the potatoes with the onions, bacon and some more seasoning. Spoon the mixture into the prepared dish and pat it all down, pouring over the stock.

3 Bake in the centre of the oven for 1 hr 45 mins, covering the potatoes after an hour to stop them getting too dark. You should be able to push a knife through the potatoes with little resistance when the dish is cooked.

PER SERVING 483 kJ • fat 17g • saturates 10g • carbs 66g • sugars 6g • fibre 8g • protein 12g • salt 1.0g

Pods & sods with watercress

EASY **V** **FOLATE** **10F 5 A DAY** **GOOD 4 YOU** **GLUTEN FREE** **❄️**

SERVES 6 PREP 5 mins COOK 5 mins

bunch of asparagus, woody ends removed, each spear sliced into 3 pieces on an angle
100g/4oz fresh or frozen podded broad beans, skins removed
100g/4oz frozen soya or edamame beans
100g/4oz fresh or frozen peas
3 spring onions, each sliced into 3 pieces on an angle
½ small pack mint, leaves torn
100g/4oz bag watercress
FOR THE DRESSING

1 tsp Dijon mustard
4 tbsp olive oil
1 tsp white wine vinegar

1 Bring a large pan of salted water to the boil. Drop in the asparagus, bring back to the boil, then add all the beans, the peas and spring onions. Bring to the boil again, then drain and cool quickly by running under cold water.

2 To make the dressing, mix the mustard with the oil, vinegar and some seasoning. On a large platter, mix all the vegetables with the mint, watercress and a splash of dressing.

PER SERVING 137 kJ • fat 9g • saturates 1g • carbs 6g • sugars 2g • fibre 5g • protein 6g • salt 0.1g

Chocolate pie with toffee sauce & coffee cream

A LITTLE EFFORT **❄️**

SERVES 10-12 PREP 25 mins plus at least 2 hrs chilling COOK 25 mins

350g/12oz digestive biscuits
140g/5oz butter, melted
50g/2oz desiccated coconut
200g/7oz milk chocolate, chopped
200g/7oz dark chocolate, chopped
250ml/9fl oz milk
300ml/½pt double cream
6 egg yolks
3 tbsp cornflour
100g/4oz light soft brown sugar
50g/2oz hazelnuts, chopped
FOR THE TOFFEE SAUCE
300g/11oz golden caster sugar
100g/4oz butter, diced
200ml/7fl oz double cream
FOR THE COFFEE CREAM
1 tbsp instant coffee
350ml/12fl oz double cream
25g/1oz golden caster sugar
1 tsp vanilla extract

1 In a food processor, blend the biscuits with the butter and coconut to make the base for the pie. Press it into a deep 21cm fluted tart tin, going all the way up the sides and making sure the corners are not too thick.
2 In a large saucepan, melt both chocolates with the milk and cream over a very low

heat, stirring slowly all the time. In a separate bowl, beat the egg yolks with the cornflour and sugar.

3 When the chocolate has melted, add the egg mixture and stir together until it thickens, about 10-12 mins. When the texture is like thick custard, pour it into the tin and even out the top using a spatula. Sprinkle with the hazelnuts and place in the fridge for at least 2 hrs.

4 Meanwhile, make the toffee sauce. Dissolve the sugar and 2 tbsp water in a large pan over a low heat. Bring to the boil and cook until golden and caramelised, about 2 mins. Whisk in the butter in small batches, then remove from the heat and stir through the cream. Set aside to cool.

5 To make the coffee cream, mix the coffee in 1 tsp boiling water to make a paste. In a large bowl, whip the cream halfway, then add the coffee, sugar and vanilla, and whip until soft peaks form. Cover and chill until ready to serve.

6 To serve, cut the pie into wedges. Reheat the toffee sauce in a small saucepan or the microwave and serve with the coffee cream.

CHOCOLATE PIE PER SERVING (12) 679 kJ • fat 50g • saturates 28g • carbs 46g • sugars 28g • fibre 4g • protein 8g • salt 0.7g

TOFFEE SAUCE PER SERVING (12) 245 kJ • fat 16g • saturates 10g • carbs 25g • sugars 25g • fibre none • protein none • salt 0.2g

COFFEE CREAM PER SERVING (12) 155 kJ • fat 16g • saturates 10g • carbs 3g • sugars 3g • fibre none • protein 1g • salt none

Friday Carvery Roast at Palermo



Experience a sumptuous Carvery Roast at Palermo with family and friends. Enjoy a delicious array of finely cooked roasts complemented with traditional accompaniments while the kids enjoy activities such as cooking classes and a treasure hunt.

12:30 pm to 3:30 pm

AED 250 per adult including unlimited soft beverages

AED 110 per child including unlimited soft beverages

Children below the age of 6 years will dine with our compliments



Grandma's Recipe

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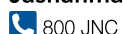


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Energy boost!

Training for a marathon or a sports event this year? These nutritious bars are a brilliant post-workout snack

Recipe Miriam Nice Photograph Will Heap

Chewy no-bake cereal bars

Within 30 minutes of finishing exercise, you should eat carbohydrates to replenish energy, protein to repair muscles and a little salt to help retain fluids and stimulate thirst. Find more online at bbcgoodfoodme.com.

EASY GLUTEN FREE

MAKES 8 **PREP** 5 mins plus setting **COOK** 5 mins

75g/2½oz mixed seeds

50g/2oz nut butter or peanut butter

50g/2oz clear honey or agave syrup

½ tsp cinnamon

1 tsp cocoa powder

50g/2oz prunes, chopped

50g/2oz dried figs, chopped

25g/1oz puffed brown rice (we used

Rude Health)

1 Line the base of a 20 x 20cm baking tin with baking parchment. Put the seeds in a dry, non-stick pan over a medium heat and cook until they start to pop and turn golden. Transfer to a small bowl to cool.

2 In a medium saucepan, soften the nut butter and honey over a low heat for about 2 mins, stirring continuously, until the mixture has warmed through.

3 Take the pan off the heat. Stir in the cinnamon and cocoa powder, followed by the fruit and toasted seeds. Add the puffed rice and stir well to coat. Quickly transfer the mixture to the tin, spreading out evenly and pressing down with the back of a spoon to create a compact, even surface.

4 Leave for 45 mins-1 hr to firm up, then slice into 8 bars with a sharp knife. Wrap in strips of baking parchment and secure with tape or string. Will keep in an airtight container for 3-4 days.

PER BAR 147 kcals • fat 8g • saturates 1g • carbs 14g • sugars 10g • fibre 3g • protein 4g • salt 0.1g



A week of low-cal meals

Jennifer Joyce's satisfying suppers are all under 500 calories and quick to prepare

Photographs Mike English

Meat-free Monday



Polenta pizza with purple sprouting broccoli & mozzarella

EASY V LOW CAL CALCIUM FOLATE VIT C 2 OF 5 A DAY

SERVES 2 PREP 10 mins COOK 15 mins

400ml/14fl oz vegetable stock (I used Marigold bouillon powder)

100g/4oz polenta

4 tbsp grated Parmesan

2 tsp extra virgin olive oil

200g/7oz purple sprouting broccoli, ends trimmed

4 cherry tomatoes, halved

1 garlic clove, chopped

125g ball of low-fat mozzarella, cut into cubes

10 red peppers from a jar, halved (I used Peppadew)

1 Heat the grill to its highest setting.

In a medium saucepan, bring the stock to a boil, then slowly pour in the polenta, whisking constantly. Add some salt and 2 tbsp of the Parmesan. Continue to whisk until thick, about 3 mins.

2 Grease a large baking tray with 1 tsp of the oil, pour over the polenta and spread it out to a 30cm circle - if you have time, leave it to chill, uncovered, in the fridge for 30 mins.

3 Blanch the broccoli in boiling water for 2 mins. Rinse in cold water and drain well. If any stems are thick, halve them lengthways. In a small bowl, mix the cherry tomatoes with the garlic and remaining oil. Season well.

4 Layer the mozzarella over the polenta, then add the broccoli, tomatoes, peppers and remaining Parmesan. Pop under the grill for 3-4 mins or until golden at the edges and the cheese has melted.

PER SERVING 498 kcals • fat 21g • saturates 11g • carbs 42g • sugars 4g • fibre 5g • protein 31g • salt 1.0g

Tuesday

Hot smoked salmon with new potatoes & watercress

EASY LOW CAL FIBRE VIT C OMEGA-3 2 OF 5 A DAY

SERVES 2 PREP 10 mins COOK 20 mins

- 1 small red onion, thinly sliced into half moons
- 1 tbsp white wine or rice wine vinegar
- 200g/7oz baby new potatoes or Jersey royals, halved if large
- 2 tbsp buttermilk
- 1½ tbsp low-fat mayonnaise
- 1 tbsp freshly grated horseradish, or from a jar

- 100g/4oz fine green beans, trimmed
- 1 small sweet red apple, cored and sliced
- 2 hot smoked salmon fillets (about 300g/11oz), skin removed, broken into pieces
- 100g/4oz watercress, roughly chopped

- 1 In a large bowl, toss the onion with half the white wine vinegar and some salt. Set aside.
- 2 Boil the potatoes in a pan of salted water until tender. Drain well and put back in the pan to steam-dry for a few mins. Tip into the bowl with the onion and gently toss together so that the potatoes absorb the

vinegar. Season and leave to cool.

- 3 In a small bowl, mix together the buttermilk, mayonnaise, remaining vinegar and the horseradish. Add some salt and fresh ground pepper, and mix well. Toss the potatoes in the mixture.
- 4 Boil the beans for 1 min in salted water, drain, rinse in cold water and dry. Divide the potatoes between two plates and top with the apple slices, beans, salmon and a large handful of watercress.

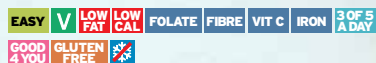
PER SERVING 498 kcal • fat 22g • saturates 4g • carbs 28g • sugars 13g • fibre 6g • protein 44g • salt 3.5g





Wednesday

Spice-crusted aubergines & peppers with pilaf



SERVES 4 **PREP** 10 mins **COOK** 30 mins

2 large aubergines, halved
2 tbsp extra virgin olive oil
2 red peppers, quartered
2 tsp each ground cinnamon, chilli flakes and za'atar
4 tbsp pomegranate molasses
140g/5oz Puy lentils
140g/5oz basmati rice

seeds from 1 pomegranate
small pack flat-leaf parsley, roughly chopped
Greek or coconut yogurt, to serve

1 Heat oven to 220C/200C fan/gas 7. Using a sharp knife, score a diamond pattern into the aubergines. Brush with 1 tbsp of the oil, season well and place on a baking tray, cut-side down. Cook in the oven for 15 mins. Add the peppers to the tray, turn the aubergines over and drizzle everything with the remaining oil. Sprinkle over the spices, 1 tbsp of the pomegranate molasses and a little salt. Roast in the oven for 15 mins more.

2 Boil the lentils in plenty of water until al dente. After they've been boiling for 5 mins, add the rice. Cook for 10 mins or until cooked through but with a bit of bite. Drain and return to the pan, covered with a lid to keep warm.

3 Stir the pomegranate seeds and parsley through the lentil rice. Divide between four plates or tip onto a large platter. Top with the roasted veg, a dollop of yogurt and the remaining pomegranate molasses drizzled over.

PER SERVING 469 kJ • fat 9g • saturates 1g • carbs 72g • sugars 20g • fibre 16g • protein 17g • salt 0.2g



Thursday

Friday

Chipotle chicken tacos with pineapple salsa

EASY LOW CAL 10F 5 A DAY

SERVES 4 PREP 10 mins COOK 10 mins

500g/1lb 2oz boneless, skinless chicken thighs
1 tbsp vegetable oil
1 medium onion, chopped
2 tsp each sweet smoked paprika and ground cumin
2 tbsp cider vinegar
1 tbsp chipotle paste
200ml/7oz passata
2 tbsp soft brown sugar
1/2 small pineapple, cored, peeled and chopped
1/2 small pack coriander, chopped
corn or flour tortillas

hot sauce (I like Tabasco Chipotle), to serve

1 In a food processor, roughly blitz the chicken thighs into chunky mince. Alternatively, chop into bite-sized pieces.
2 Heat the oil in a large saucepan. Add half the onion and the chicken mince. Season well and cook for about 5 mins on a high heat to brown, breaking up the meat with a spoon. Add the spices, vinegar, chipotle paste, passata and sugar. Cook for another 5 mins, then remove from the heat.
3 In a small bowl, mix the remaining onion, the pineapple and coriander. Serve the chicken and the pineapple salsa with warm tortillas and hot sauce.

PER SERVING 392 kcs • fat 13g • saturates 3g • carbs 37g • sugars 21g • fibre 5g • protein 30g • salt 0.6g

Beef bulgogi stir-fry

EASY LOW CAL

SERVES 4 PREP 10 mins COOK 10 mins

4cm/1 1/2in piece of ginger
4 tbsp soy sauce
4 tbsp mirin
3 garlic cloves
2 tbsp chopped pineapple
2 tsp red chilli flakes or Korean chilli powder
3 tbsp golden caster sugar
3 tsp sesame oil
500g/1lb 2oz sirloin or rump steak, trimmed of fat and sliced
1 large onion, cut into half moons
1 tbsp toasted sesame seeds
200g/7oz cooked basmati rice
chopped spring onions, to serve

1 Put the ginger, soy, mirin, garlic, pineapple, chilli flakes, sugar and 1 tsp of the sesame oil in a food processor and blend until fine. Pour the marinade into a bowl, add the meat, mix well and leave to sit while you prepare the onion.
2 Heat the remaining sesame oil in a large wok or frying pan until very hot. Add the onion and stir-fry for a few mins. Add the beef and the marinade, stirring constantly until it's cooked through, about 5 mins. Sprinkle with the sesame seeds and serve with rice and chopped spring onions.

PER SERVING 494 kcs • fat 17g • saturates 6g • carbs 56g • sugars 27g • fibre 3g • protein 29g • salt 2.4g

gf
 For more low-calorie recipes, visit **bbcgoodfoodme.com**





Make it healthier

Chicken Kiev

Crunchy and buttery – but with half the fat and calories! **Angela Nilsen** works her magic to give this deep-fried classic a makeover

*Less
than half
the fat!*



One of the delights of slicing into a deep-fried chicken Kiev are the buttery, garlicky juices that ooze out as your knife goes in. So to make this comforting classic healthier, my challenge was to create a juicy filling with a crisp coating, but a lot less butter and oil.

For the filling, I came up with an unconventional mix of equal amounts of butter and light soft cheese, along with a little rapeseed oil and the conventional flavourings. This reduced the levels of fat and saturated fat by a long way, but it was still full of flavour.

To create a lower-fat coating, I used a combination of crisp panko crumbs and some buttermilk to help the crumbs stick. I fried the Kievs using a minimum of rapeseed oil (to reduce saturated fat), then finished them in a high oven, which crisped the crumbs and cooked the chicken.

Lighter Chicken Kiev

EASY

SERVES 4 **PREP** 30 mins plus chilling

COOK 20 mins

FOR THE GARLIC FILLING

2½ tbsp unsalted butter, softened at room temperature

2½ tbsp light soft cheese

2 tsp rapeseed oil

3 garlic cloves, crushed

3 tbsp finely chopped parsley

pinch of cayenne pepper

FOR THE CHICKEN

50g/2oz Japanese panko crumbs

4 tsp self-raising flour

4 boneless, skinless chicken breasts (500g/1lb 2oz total weight, preferably organic)

100ml/3½fl oz buttermilk

1 tbsp rapeseed oil, plus 1 tsp

lemon wedges and watercress, to serve

1 For the filling, mix the butter, cheese and oil in a small bowl, then stir in the garlic and parsley. Season with a pinch of cayenne and salt, and generously with black pepper. Cover with cling film and chill in the freezer for 30 mins while you prepare the chicken.

2 Mix together the panko crumbs and flour. Heat a large, non-stick frying pan, tip in the crumb mix and toast in the dry pan for a few mins or until turning pale brown – stir regularly so they brown evenly and don't burn. Tip the crumb mix into a bowl, season with pepper and set aside.

3 Butterfly each chicken breast without cutting all the way through, so you can then open them out flat, being careful not to make any other cuts in the flesh that the filling could escape from. Lay each breast between two pieces of cling film and bash with a rolling pin to a thickness of about 5mm. Peel off and discard the top piece of cling film and season each breast with pepper. Place a quarter of the filling in the middle, then bring both the shorter ends of the chicken in slightly so they cover each side of the filling. Now bring a long side up and carry on rolling up to make a tight package – use the cling film to help, and keep the ends tucked in as

THE VERDICT

With calories nearly halved, and fat and salt down by 61%, my tasters were surprised that the flavour and texture were so enjoyable.

One taster, who hadn't eaten a homemade version recently, was impressed most by the tender, juicy chicken, crisp coating and natural flavours of the filling.

PER SERVING	CLASSIC CHICKEN KIEV	LIGHTER VERSION
kcal	678	344
fat	42.1g	16.4g
saturates	16.1g	6.5g
salt	1.8g	0.7g

you go. Wrap each Kiev tightly in the cling film and chill in the fridge for about 30 mins (or overnight if you prefer).

4 Heat oven to 230C/210C fan/gas 8. Tip half the crumb mix onto a large plate. Put the buttermilk in a shallow dish and season with pepper. Remove the cling film from two of the Kievs, coat each in the buttermilk, then roll in the crumbs to evenly coat all over. Pat them on the ends too, to coat and keep well sealed. Repeat with the remaining two Kievs.

5 Heat 1½ tsp of the oil in a small non-stick frying pan. Add two of the Kievs and fry for 1½ mins over a medium-high heat, without moving them, adjusting the heat if necessary so they don't burn. Turn them over, pour in another ½ tsp oil to cover the base of the pan and fry for 1 min more to brown the other side, carefully turning so all sides are becoming golden. Remove with a wide spatula and lay in a shallow baking tin lined with baking parchment. Wipe any crumbs from the pan, then repeat with the rest of the oil and chicken.

6 Bake the chicken in the oven for 15 mins until cooked and crisp. Serve with lemon wedges and watercress. If any juices have managed to escape during cooking, simply drizzle them around the chicken once served.

PER SERVING 344 kcal • fat 16.4g • saturates 6.5g • carbs 13.8g • sugars 1.9g • fibre 0.9g • protein 34.7g • salt 0.7g

HOW I MADE IT HEALTHIER

- To reduce fat and saturated fat, I replaced the classic all-butter filling with a mix of light soft cheese, butter and rapeseed oil.
- I used buttermilk instead of egg in the coating to reduce fat and calories further.
- I cut fat further by cooking the Kievs in a minimum amount of rapeseed oil, then baked them instead of deep-frying.

Make a simple curry

Our series aims to inspire you to increase your recipe repertoire. Storecupboard spices and puréed onions give this easy curry an authentic flavour

Home-style lamb curry

EASY IRON 2 OF 5 A DAY GLUTEN FREE

SERVES 4 PREP 15 mins COOK 1 hr 50 mins

thumb-sized piece ginger, 1/2 cut into matchsticks, the rest left whole

2 onions, quartered

4 garlic cloves

2 tbsp rapeseed oil

1 cinnamon stick

1 tbsp ground coriander

1 tsp each ground cumin and turmeric

1/2 tsp fennel seeds

750g leg of lamb, diced

400g can chopped tomatoes

1 red or green chilli, deseeded and sliced

small bunch coriander, stalks finely chopped, leaves roughly chopped

basmati rice and mango chutney or raita, to serve

1 Put the whole piece of ginger, the onions and garlic in a food processor with 300ml water. Blitz to a smooth purée. Scrape down the sides with a spoon and blitz again to make it as smooth as you can. Tip into a deep sauté pan, cover with a lid and simmer for 15 mins. Remove the lid and cook for 5 mins more, stirring occasionally. By now the liquid should be all gone. If not, cook a little longer.

2 Add the oil to the pan with the rest of the ginger. Turn up the heat and fry, stirring, for 3-5 mins until it starts to colour.

3 Stir in the spices and add the lamb. Stir-fry until the lamb changes colour. Tip in the tomatoes with a can of water and the chilli, season well, cover and leave to simmer for 1 hr.

4 Stir in the coriander stalks, re-cover and cook for a final 30 mins until the lamb is tender. Add a splash of water if necessary to loosen the consistency as it cooks. Stir in the coriander leaves and serve with basmati rice and mango chutney or raita.

PER SERVING 470 kJ • fat 29g • saturates 10g • carbs 11g • sugars 8g
• fibre 3g • protein 39g • salt 0.3g



Dhs18 per serving

Recipe: SARA BUENENED | Photograph: MIKE ENGLISH | Food styling: CHARLIE CLAPP | Styling: SARAH BIRKS

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LURPAK COOK'S RANGE

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COOKING WITH LURPAK

Quick lamb and chickpea curry with buttered rice

Serves: 4-5

Preparation: 20 minutes

Cooking time: 30 minutes

FOR THE CURRY

50g Lurpak Unsalted Butter
1 large brown onion, finely sliced
750g lamb leg steak, trimmed and cubed
 $\frac{3}{4}$ cup Korma curry paste
400g canned diced tomatoes in juice
 $\frac{3}{4}$ cup coconut cream
400g canned chickpeas, drained and rinsed
1 teaspoon sugar
Salt and pepper, to season
Fresh herbs, to garnish

FOR THE RICE

50g Lurpak Unsalted Butter
2 cups basmati rice, rinsed
3 cups water

TO SERVE

cup plain yoghurt
6 poppadums

Method

1. Prepare the curry. Melt the butter in a large, heavy based saucepan. Add the sliced onion, season with salt and pepper and cook over medium low heat for 10-12 minutes, until caramelised. Lift the onions from the saucepan with a slotted spoon and set aside.
2. Increase the heat slightly and cook the lamb in batches until browned. Add the curry paste and stir well to coat the lamb. Stir in the tomatoes and juice, coconut cream, chickpeas and water. Reduce the heat and cook gently for 10-12 minutes, until the lamb is tender. Add the caramelised onions and cook for a further 2-3 minutes. Season with salt and pepper, to taste.
3. While the curry is cooking, prepare the rice. Melt the butter in a saucepan over medium heat. Add the rice and stir to coat in the butter. Add the water and a pinch of salt; bring to the boil. Reduce heat, cover and cook for 15 minutes, or until tender.
4. Garnish the curry with fresh herbs. Serve with buttered rice, yoghurt and poppadums.



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BRAZIL on the grill!

What better way to celebrate the last of the Middle Eastern alfresco summer dining than by cooking a Latin-American barbecue for family and friends

Recipes JENNIFER JOYCE Photographs SAM STOWELL

Summer barbecue

Churrasco is the art of Brazilian charcoal barbecue. It usually involves a variety of meats, chicken and fish, served with different sauces to drizzle over. The meat is often prepared on a rotisserie, but you can improvise with skewers on your home grill for a similar result.

You can make all of the skewers in this menu or choose a selection. Most of the sides can be prepared ahead, which just leaves you to fire up the barbecue. Get everyone sipping Caipirinhas with pineapple (p42) and nibbling on the Roasted chilli prawns (p40) while you cook the rest of the skewers.





Roasted chilli prawns

Want to get ahead?

- Make the marinade for the Roasted chilli prawns the day before, then cover and chill.
- Marinate the chicken and beef up to 24 hours in advance. Cover and place in the bottom of the fridge.
- Make the passion fruit cake the day before, then chill overnight.
- Soak the halloumi for the Oregano cheese skewers in cold water 2 hours ahead (or overnight if you have time).
- Make the lime & honey dressing for the Hearts of palm salad the day before.
- Boil the corn cobs in the morning and leave in the cooking water until ready to grill.
- Make the mango coulis for the passion fruit cake on the day and chill until needed.

**Grilled corn with
garlic mayo &
grated cheese**

Black beans & rice

**Frango churrasco
(Grilled lemon &
garlic chicken)**

**Cumin & onion
marinated beef**

Oregano cheese skewers



KNOW-HOW

Called 'Malagueta prawns', the name is Portuguese for the piri-iri chilli in the sauce.

Looking at the list of ingredients, you may think it's hot, but roasting the chillies first and mixing them with vinegar tames them to a mellow, smoky flavour.

Lay out plenty of newspaper for everyone to peel the prawns and make a mess.

Roasted chilli prawns

EASY **GLUTEN FREE**

SERVES 6-8 **PREP** 25 mins **COOK** 25 mins

- 4 red chillies**
- 4 garlic cloves, unpeeled**
- 3 tbsp tomato purée**
- 1 tsp chilli flakes**
- 3 tbsp red wine vinegar**
- 2 tsp paprika**
- 2 tbsp olive oil**
- 18-24 very large raw shell-on prawns**
- lemon wedges, to serve**

1 In a small frying pan, dry-fry the chillies and garlic until blackened, about 5 mins on a medium heat. Remove and deseed the chillies and take off any loose skin. Peel the garlic, then put in a blender with the chillies, tomato purée, chilli flakes, vinegar, paprika and oil. Add 3 tbsp water and some salt, and blend until fine.

2 Cut a slit in the back of each prawn about 5cm long, and devein. Toss them with half the marinade, then thread them onto metal skewers, or wooden ones that have been soaked for 10 mins. Heat an outdoor barbecue or use a griddle pan. Grill until deep lines appear, about 5 mins each side, or until the shells turn a deep pink. Serve with the leftover marinade and the lemon wedges to squeeze over.

PER SERVING (8) 58 kcals, protein 6g, carbs 2g, fat 3g, sat fat none, fibre none, sugar 1g, salt 1.1g

Oregano cheese skewers

EASY **V** **GLUTEN FREE**

SERVES 4-6 **PREP** 10 mins plus 2 hrs soaking **COOK** 10 mins

Brazilians use a salty cheese called queijo de coalho for these, which is very similar to halloumi – both have a sturdy consistency that doesn't fall apart when grilling.

- 2 x 250g blocks halloumi**
- 2 tbsp extra virgin olive oil**
- 1 tbsp dried wild oregano**

1 To remove excess saltiness, soak the halloumi in cold water for 2 hrs, or overnight. Cut the halloumi into 4 long pieces and thread onto metal skewers, or wooden ones that have been soaked for 10 mins. Drizzle with the oil, then sprinkle with the oregano and a good grind of cracked black pepper.

2 Heat an outdoor barbecue, or use a hot griddle pan. Grill for 2-3 mins each side, then serve with the sauces (opposite).

PER SERVING (6) 305 kcals, protein 18g, carbs 1g, fat 25g, sat fat 14g, fibre none, sugar 1g, salt 2.5g

Cumin & onion marinated beef

EASY **GLUTEN FREE**

SERVES 4-6 **PREP** 10 mins plus up to 1 day marinating and resting **COOK** 10 mins

Traditionally for a beef churrasco, big pieces of rump are turned on a rotisserie with the fat on the outside to keep the meat moist. It's not easy to get hold of that cut of meat, so I've used bavette steak. Thick pieces of onglet or flat iron would also work. Worcestershire sauce is a British addition to this recipe, but it's made from tamarind, which is frequently used in South American cooking for a tangy depth of flavour.

- 1 kg/2lb 4oz thick bavette or onglet steak**
- 2 tbsp Worcestershire sauce**
- 3 garlic cloves, crushed**
- juice 2 limes**
- 2 tbsp red wine vinegar**
- 1 tbsp each cumin seeds and chilli flakes**
- 1 small onion, grated**
- 2 tbsp olive oil, plus extra for drizzling**

1 Cut the steak into 6 or 7 chunks. In a small bowl, mix together the Worcestershire, garlic, lime juice, vinegar, spices, onion and olive oil. Season meat well on both sides, then place in a flat non-metallic dish or baking tray. Cover with the marinade and chill for up to 1 day. Bring to room temperature 1 hr before grilling.

2 Heat an outdoor grill or griddle pan until very hot. Pat the meat dry and drizzle with a little more oil, then season. Thread 2 thin metal skewers through 2 of the steaks and repeat with the others. Grill for 3-4 mins on one side, then turn over and repeat. Let the beef skewers rest under foil for 10 mins, then slice and serve with the sauces (opposite).

PER SERVING (6) 306 kcals, protein 31g, carbs 2g, fat 20g, sat fat 7g, fibre none, sugar 1g, salt 0.4g

Frango churrasco (Grilled lemon & garlic chicken)

EASY

SERVES 4-6 **PREP** 15 mins plus 2 hrs marinating **COOK** 15 mins

- 900g/2lb boneless chicken thighs (skin-on if possible)**
- zest and juice 2 lemons**
- 1 tbsp paprika**
- 1 tbsp mild piri-iri sauce**
- 2 tbsp soft brown sugar**
- 3 garlic cloves, crushed**
- 3 tbsp extra virgin olive oil**
- 2 tbsp coriander, finely chopped**

1 Place the chicken in a shallow, non-metallic dish and cover with all the other ingredients and mix everything together. Cover and chill for at least 2 hrs, or overnight if possible. Bring to room temperature 1 hr before grilling.

2 Thread half the thighs onto 2 large metal skewers, or wooden ones soaked in water for 10 mins. Repeat with the remaining thighs and another 2 skewers. Heat an outdoor barbecue until very hot, or use an oven grill. Place on the grill for 6 mins on one side, then turn over and cook for 4 mins. Cook for a few mins more on each side if they are large – keep the heat on medium so they don't burn. Remove and keep warm under foil.

PER SERVING (6) 337 kcals, protein 26g, carbs 8g, fat 23g, sat fat 5g, fibre none, sugar 7g, salt 1.1g

Grilled corn with garlic mayo & grated cheese

EASY **V** **1 OF 5 A DAY**

SERVES 6 **PREP** 5 mins **COOK** 10 mins

- 6 corn cobs**
- 2 garlic cloves, crushed**
- 6 tbsp mayonnaise**
- 4 tbsp grated Parmesan (or vegetarian alternative)**
- 2 tbsp finely chopped coriander**
- 1 lime, cut into pieces, for squeezing**

1 Boil the corn cobs for 5 mins. Leave in the water until you're ready to grill them. Mix the garlic and mayonnaise in a small bowl. Just before barbecuing, remove the cobs from the pan, pat dry and rub the mayonnaise into each one.

2 Season the cobs and grill them until marks appear, about 5 mins. Remove and scatter over the Parmesan and coriander. Squeeze lime over to serve.

PER COB 388 kcals, protein 9g, carbs 21g, fat 30g, sat fat 6g, fibre 3g, sugar 3g, salt 0.6g



Hearts of palm salad with lime & honey dressing

EASY **V** **FOLATE** **FIBRE** **VIT C** **IRON** **3 OF 5 A DAY** 

SERVES 4 **PREP** 15 mins **COOK** 5 mins

Hearts of palm are eaten with everything in Brazil: salads, salsas, even soups. A sort of cross between an artichoke and celery, their acidic taste is unique, and it's easy to tart up a salad with their creamy texture. The young shoots are farmed and harvested before they grow into palm trees, so they are completely ethical to buy and eat.

100g/4oz green beans, trimmed and cut into 2.5cm/1in lengths

1 lemon, halved

1 small red onion, thinly sliced into half moons

2 avocados, stoned, peeled and chopped

150g pack cherry tomatoes, halved

2 x 410g cans hearts of palm, sliced into 1cm/1in slices

5 black olives, halved

FOR THE DRESSING

1 tbsp white wine vinegar

juice 2 limes

3 tbsp extra virgin olive oil

1 tbsp clear honey

1 tbsp chopped coriander

1 Blanch the green beans for 1-2 mins in boiling salted water, drain and rinse in

cold water. Dry on a tea towel and put in a large salad bowl.

2 Squeeze some lemon over the onion and avocados and let sit for 1 min. Add the tomatoes, hearts of palm, olives, onion, and avocado to the beans.

3 Put the dressing ingredients in a small jar with a fitted lid. Add some seasoning and shake well. Just before serving, pour the dressing over and mix.

PER SERVING 284 kcals, protein 5g, carbs 11g, fat 24g, sat fat 4g, fibre 8g, sugar 7g, salt 1.3g

Smoky tomato pepper salsa

EASY **V** **GOOD 4 YOU** **GLUTEN FREE** 

MAKES 250ml/9fl oz **PREP** 10 mins **NO COOK**

1 small red onion

small pack coriander

125g/4+oz cherry tomatoes

(pomodorino if you can find them)

1 red pepper, deseeded

3 tbsp extra virgin olive oil

2 tbsp red wine vinegar

1 tsp mild sweet paprika

pinch of sugar

Put all the ingredients in a food processor and pulse until chopped, but not too fine. Pour into a serving bowl and add seasoning and a pinch of sugar.

PER 50ML SERVING 76 kcals, protein 1g, carbs 3g, fat 7g, sat fat 1g, fibre 1g, sugar 2g, salt 0.1g



Black beans & rice

EASY **V** **LOW FAT** **1 OF 5 A DAY** **GLUTEN FREE** 

SERVES 4-6 **PREP** 5 mins **COOK** 10 mins

250g/9oz basmati rice

2 x 400g cans black beans, drained and rinsed

Put the rice in a large saucepan with a fitted lid. Cover with plenty of water and boil until al dente, about 8 mins. Drain and put back in the pan. Add the beans and stir through. Put the lid on and warm through for 5 mins before serving.

PER SERVING (6) 222 kcals, protein 8g, carbs 39g, fat none, sat fat none, fibre 6g, sugar 1g, salt 0.8g

Creamy Aji green sauce

EASY **V** 

MAKES 250ml/9fl oz **PREP** 10 mins **NO COOK**

small pack coriander

2 jalapeño chillies or green chillies

2 spring onions, chopped

1 garlic clove

1 tbsp white wine vinegar

juice 1 lime

pinch of cumin

4 tbsp mayonnaise

Put all the ingredients in a blender or food processor and mix into a sauce. Add seasoning, then pour into a serving bowl.

PER 50ML SERVING 187 kcals, protein 1g, carbs 1g, fat 20g, sat fat 3g, fibre none, sugar 1g, salt 0.3g

Chimichurri sauce

EASY **V** **GLUTEN FREE** 

MAKES 250ml/9fl oz **PREP** 10 mins **NO COOK**

small pack coriander, finely chopped

small pack flat-leaf parsley, chopped

2 garlic cloves, very finely chopped

1 small sweet onion, finely diced

1 green chilli, deseeded and finely chopped

5 tbsp extra virgin olive oil

2 tbsp white wine vinegar (Sauvignon Blanc or rice wine vinegar are good)

Put the herbs, garlic, onion and chilli in a bowl. Pour the oil and vinegar in and add salt. Mix together.

PER 50ML SERVING 113 kcals, protein 1g, carbs 2g, fat 11g, sat fat 2g, fibre 1g, sugar 2g, salt 0.1g



Caipirinhas with pineapple

EASY 🍹

MAKES 8 PREP 15 mins **NO COOK**

Although traditionally made with limes, Caipirinhas can be made with pineapple or even passion fruit. Buy the cachaça liqueur from any supermarket (see What to drink on page 64).

1 small pineapple
juice 4 limes
bunch fresh mint
8 tbsp golden caster sugar
400ml/14fl oz cachaça liqueur, or
light rum
crushed ice for 8 glasses
800ml/1 pts pineapple juice

1 Core the pineapple and cut into 3cm chunks. Place 8 small handfuls of pineapple, the lime juice, half the mint and the sugar into a pitcher and mash up with the end of a rolling pin or a fat wooden spoon.

2 Pour in the cachaça and a little crushed ice, then pour into 8 glasses, and add more crushed ice. Pour the pineapple juice over, filling to the rim. Garnish the glasses with extra mint sprigs and cocktail sticks with pieces of pineapple threaded on.

PER CAIPIRINHA 433 kcals, protein 1g, carbs 80g, fat none, sat fat none, fibre 2g, sugar 77g, salt none



Maracuja (Passion fruit mousse traybake)

A LITTLE EFFORT 🍴

CUTS INTO 16 squares **PREP** 30 mins plus 2 hrs chilling **COOK** 5 mins

2 passion fruits, flesh scooped out
250ml/9fl oz passion fruit juice from a carton
4 sheets gelatine
2 x 400g cans sweetened condensed milk
500ml/18fl oz double cream, loosely whipped

FOR THE BISCUIT BASE
250g/9oz digestive biscuits
100g/4oz butter, melted

FOR THE FRUIT COULIS
2 mangoes
juice 1 lime
2 tbsp golden caster sugar
2 passion fruits, flesh scooped out and chopped

1 For the base, crush the biscuits in a bag with a rolling pin, or pulse in a food processor. Add the butter and stir. Line a 20 x 30cm cake tin with non-stick baking parchment. Tip the biscuit mixture in and firmly press down. Chill.

2 Mix the passion fruit flesh with the juice. Place the gelatine in a small bowl of cold water to soak. Pour the flesh and juice into a saucepan and heat until hot. Squeeze the water out of the gelatine, add to the pan and stir until dissolved, then remove and pour into a bowl.

3 Add the milk and loosely whipped cream and fold together. Pour into the tin and chill until firm, about 2 hrs.

4 For the coulis, purée 1 mango with the lime juice and sugar in a food processor, then stir to dissolve the sugar. Chop up the other mango.

5 To serve, cut the traybake into squares. Top each one with the coulis, some chopped mango and passion fruit.

PER SQUARE 486 kcals, protein 7g, carbs 47g, fat 30g, sat fat 18g, fibre 1g, sugar 39g, salt 0.5g

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Swedish supper for two

*Enjoy the clean, sophisticated flavours
of Sweden with this menu created
by Steffi Knowles-Dellner*

Photographs Stuart Ovenden

**Spiced apple
snaps fizz**



DINNER FOR TWO

*Spiced apple snaps fizz
Quick lemon gravadlax*

*Wallenbergare with
tarragon cream sauce*

Raggmunk

*Lingonberry & ginger
cheesecake pots*

Quick lemon gravadlax

When I mention that I'm from Sweden, people often ask me about our tins of smelly fermented fish before quietly admitting to their secret love for Ikea meatballs, writes **Steffi Knowles-Dellner**. Despite a reputation for great design, music and crime fiction, when it comes to Swedish food, it seems that only a few dishes come to mind – but there's so much more.

The Swedish diet is incredibly varied, using produce from our fertile fields, vast forests and rugged coastlines. Our climate is extreme, with long, dark winters and endless bright summer days, so harvests were traditionally fairly brief. But when they were in season, ingredients were relished. For example, when freshwater crayfish grew to full size, snaps-fuelled (see above right) crayfish parties were duly thrown – an annual celebration that continues to this day.

In order to make the produce last through the winter, Swedes became expert preservers: I learned about pickling, smoking, curing and preserving from my family at an early age, often using fish I caught myself or berries we picked in the forest near my family's home on Stockholm's archipelago.

Many classic Swedish recipes come from a culture of 'husmanskost', the everyday food that fuelled a long day's work. Today, these dishes (including meatballs) are our comfort food and hugely nostalgic: every mormor (granny) can make them in her sleep.

My menu draws on this heritage, and also suits the more modern Swedish custom of 'fredagsmys' – Friday cosy – which is all about comforting food, shared with friends or family, and hunkering down in front of a film while the light fades.

Get ahead

THE DAY BEFORE Make the tarragon cream sauce for the Wallenbergare and chill in the fridge.

Make the cheesecake pots and chill them overnight. Drizzle with the syrup and sprinkle with the crumbled biscuits just before serving.

UP TO 12 HOURS BEFORE Make the Wallenbergare patties, cover in the breadcrumbs and chill until ready to fry.

IN THE MORNING Make the aquavit and apple cocktail base and chill until ready to top with sparkling wine.

WHAT TO DRINK

Pick a white with just the slightest hint of sweetness to match the veal burgers with their piquant capers. France's Vouvray, from the Chenin Blanc grape, adds a luscious memory of baked apple fruit – try La Couronne des Plantagenets 2014, 11.5%. It's also spot-on with the gravadlax, if the aquavit runs out. Serve cool.



Spiced apple snaps fizz

Swedes call all strong liquors 'snaps' and are particularly fond of them neat with fish and seafood. This cocktail uses a punchy aquavit scented with caraway, aniseed and fennel, which works well with apple and cinnamon. If you can't find aquavit, quality gin is a good substitute.

EASY GLUTEN FREE

MAKES 2 PREP 10 mins NO COOK

50ml/2fl oz Swedish aquavit (I used O.P. Anderson), or use gin

squeeze of lemon juice

4 tbsp cloudy apple juice

2 pinches of ground cinnamon

handful ice cubes

200ml bottle sparkling wine

1/2 small apple, cored and thinly sliced

1 Pour the aquavit or gin into a cocktail shaker or large jam jar. Add a good squeeze of lemon juice, the apple juice, a generous pinch of cinnamon and a handful of ice cubes, pop on the lid and shake well.

2 Strain into 2 fluted glasses and top up with sparkling wine. Sprinkle the apple slices with the remaining cinnamon and thread onto 2 cocktail sticks. Balance a cocktail stick across the rim of each glass and serve straight away.

PER GLASS 169 kcals • fat none • saturates none •

carbs 11g • sugars 11g • fibre 1g • protein none • salt none



Quick lemon gravadlax

This speedy, zesty version of the Swedish classic cuts the curing time to 30 minutes. Ask your fishmonger for the freshest salmon possible, explaining that it will be eaten raw.

EASY OMEGA-3 GLUTEN FREE

SERVES 2 PREP 15 mins plus chilling NO COOK

200g/7oz salmon fillet, preferably from the tail end

1 tsp coriander seeds

1/2 tsp golden caster sugar

white pepper, to season

zest and juice 1 lemon

1 tbsp extra virgin olive oil

small handful chives, finely chopped

small handful dill, finely chopped

TO SERVE

lemon slices

toasted rye bread or gluten-free bread

soured cream

1 Place the salmon fillet on a chopping board, skin-side down, and slice at an angle with a sharp knife to make long, thin slices as you would for smoked salmon. Discard the skin.

2 Using a pestle and mortar, roughly grind the coriander seeds with the sugar, 1 tsp coarse sea salt and some white pepper. Add half the lemon juice and sprinkle all over the salmon slices, ensuring they are well coated. Cover with cling film and chill for 30 mins.

3 In a small bowl, mix together the oil, herbs, remaining lemon juice and the zest. Drizzle over the salmon and serve with the lemon slices, toasted rye bread and soured cream.

PER SERVING 238 kcals • fat 17g • saturates 3g • carbs 1g •

sugars 1g • fibre none • protein 20g • salt 2.6g



Raggmunk
These crispy potato and carrot fritters are a cross between pancakes and rösti. In Sweden, we serve them with thick fried

bacon and lingonberry jam. They're also good alongside meat and fish dishes.



SERVES 2 PREP 10 mins **COOK** 10 mins

25g/1oz plain flour
75ml/2½ fl oz full-fat milk
1 medium egg
1 thyme sprig, leaves picked
175g/6oz firm potatoes, like Désirée, coarsely grated
1 large carrot, coarsely grated
1 tbsp vegetable oil

- 1 In a large bowl, whisk the flour with half the milk to make a smooth, thick batter. Beat in the remaining milk, the egg, thyme and some seasoning. Tip in the potatoes and carrot and stir to coat with the batter.
- 2 You will need to fry the raggmunk in batches so heat the oven to its lowest setting to keep them warm. Heat the oil in a large frying pan and spoon in the mixture to make 2 x 7cm-wide fritters, flattening the mixture with the back of the spoon as you go. Fry until golden brown and crispy, about 2 mins each side. Keep warm and repeat with the remaining mixture.

PER SERVING 263 kcals • fat 10g • saturates 2g • carbs 33g • sugars 9g • fibre 5g • protein 8g • salt 0.2g



Wallenbergare with tarragon cream sauce
This dish is named after a famous Swedish businessman who

returned from travelling in the 1930s and asked a chef to recreate a meal he had enjoyed abroad.

The resulting veal and caper burgers are now a Swedish classic.



SERVES 2 PREP 30 mins plus chilling **COOK** 15 mins

250g/9oz veal or pork mince
1 small onion, coarsely grated
1 medium egg yolk
1 tbsp capers, rinsed and roughly chopped
75ml/2½ fl oz double cream
50g/2oz fine dried breadcrumbs
2 tsp mustard powder
25g/1oz butter
small bag watercress, to serve
FOR THE TARRAGON CREAM SAUCE
100ml/3½ fl oz white wine
50ml/2 fl oz full-fat milk
50ml/2 fl oz double cream
½ tsp light soy sauce
½ chicken stock cube
small bunch tarragon, roughly chopped
1 tsp cornflour, mixed with 1 tbsp water

- 1 Combine the mince, onion, egg yolk and capers in a large bowl. Mix in the cream and season well – it will be quite a wet mixture. Shape into 4 patties about 2cm thick and chill for 20 mins.
- 2 Meanwhile, make the sauce. Pour the wine into a saucepan and simmer for 3-4 mins. Add the milk, cream and soy, and crumble in the stock cube. Tip in the tarragon and simmer for a further 2 mins. Remove the pan from the heat, add the cornflour and stir until thickened.
- 3 Mix together the breadcrumbs, mustard powder and some seasoning on a large plate. Melt the butter in a large non-stick frying pan. Coat the patties in the crumbs and fry gently for 4 mins each side until golden brown and cooked through.
- 4 Reheat the sauce and drizzle over the burgers. Serve with the watercress.

PER SERVING 804 kcals • fat 58g • saturates 32g • carbs 28g • sugars 7g • fibre 1g • protein 34g • salt 2.3g



Lingonberry & ginger cheesecake pots

Tart lingonberries grow wild all over Scandinavia, where they are used in jam to serve with meatballs and game. The jam is also delicious in puddings like these gorgeous cheesecake pots, served with spiced ginger snap biscuits.



MAKES 2 PREP 15 mins, plus chilling **COOK** 1 min


50g/2oz full-fat cream cheese
75ml/2½ fl oz double cream
grated zest ½ orange
4 tbsp lingonberry jam (we used Felix wild lingonberry jam) or cranberry jelly, plus a little extra to serve
8 Swedish pepparkakor ginger snaps or 4 ginger nuts, crushed, plus 1 extra to serve knob of butter, melted

- 1 Whip the cream cheese, double cream and orange zest in a medium bowl until thick and holding its shape. Be careful not to overwhip or the cream cheese will become watery. Gently ripple through the lingonberry jam.
- 2 Mix together the crushed biscuits and butter, and spoon into 2 glasses. Divide the lingonberry mixture between the glasses and chill until needed – at least 30 mins. *The cheesecakes can be made up to this point the day before.*
- 3 To serve, mix a little of the jam with 1 tsp water and drizzle over the cheesecakes. Crumble the remaining biscuit and sprinkle on top.

PER CHEESECAKE POT 484 kcals • fat 37g • saturates 23g • carbs 34g • sugars 26g • fibre 1g • protein 3g • salt 0.5g



For more Swedish recipes, visit
bbcgoodfoodme.com



**Raggmunk (Crisp
potato pancakes)**

**Wallenbergare with tarragon
cream sauce (Veal burgers)**

Use up those cans!

Are your cupboards full of cans and packets that you haven't got round to using? Be inspired by these recipes and tips from Chelsie Collins

Photographs Mike English



How often have you gone shopping and popped cans of beans and vegetables in your trolley, then got home to find that you already have plenty? I seem to do it all the time, and have stockpiles of pulses, tomatoes and soup.

So, this month, I've created a batch of new family-friendly recipes that will help to use them up in satisfying ways, avoiding waste and saving money. My easy recipes will also clear out underused spices, dried herbs, and the odd leftover bits and pieces you find in the fridge on a weekly basis.

Tomato & chickpea curry

A can of chopped tomatoes works as well as plum in most recipes, so use whichever you have to hand.

EASY  FIBRE  GLUTEN FREE 

SERVES 4 PREP 10 mins **COOK** 45 mins

1 tbsp olive oil
2 onions, finely sliced
2 garlic cloves, crushed
1 tsp garam masala
1 tsp turmeric
1 tsp ground coriander
400g can plum tomatoes
400ml can coconut milk
400g can chickpeas, drained and rinsed
2 large tomatoes, quartered
1/2 small pack coriander, roughly chopped
cooked basmati rice, to serve

1 Heat the oil in a large pan and add the onions. Cook until softened, about 10 mins. Add the garlic and spices, and stir to combine. Cook for 1-2 mins, then pour in the tomatoes, break up with a wooden spoon and simmer for 10 mins.

2 Pour in the coconut milk and season. Bring to the boil and simmer for a further 10-15 mins until the sauce has thickened.

3 Tip in the chickpeas and the tomatoes, and warm through. Scatter over the coriander and serve with fluffy rice.

PER SERVING 369 kcal • fat 23g • saturates 16g • carbs 28g • sugars 11g • fibre 6g • protein 9g • salt 0.5g

Tip

Leftover herbs, such as coriander, can be blitzed with stale bread to make herby crumbs and frozen in freezer bags for up to six months. Sprinkle over white fish or salmon and bake until golden and crisp.

Fresh ideas for storecupboard ingredients

CHUTNEY

- Mix equal parts of chutney and mayonnaise and use as a spread for sandwiches with meat and cheese.
- Combine 2 tbsp mango chutney with 2 tsp soy sauce, 1 tsp grated ginger, 2 tbsp rice wine vinegar and 50ml chicken or veg stock. Heat in a small saucepan as a dipping sauce for Asian-style vegetable dishes, or a sauce for stir-fries.
- Add 1 tbsp onion chutney to gravies to make them slightly sweeter.

CUMIN SEEDS

- Next time you're baking flatbreads, sprinkle crushed cumin seeds over the top.
- Toast a handful in a small frying pan and scatter over shredded

cabbage or broccoli.

- Add new life to shop-bought houmous – stir through some cumin and a little olive oil.

TURMERIC

- Make a breakfast smoothie healthier by adding 1/2 tsp turmeric, which aids digestion.
- Add a pinch of turmeric to scrambled eggs, frittatas or scrambled tofu for extra flavour.
- Sprinkle it over root veg before roasting for an added kick of spice.

CAPERS

- Make a punchy dressing by combining 2 parts oil with 1 part white wine vinegar, Dijon mustard and a handful of capers.
- Put 100g unsalted butter

in a frying pan and cook until turning brown, add 2 tbsp capers, then drizzle over white fish such as lemon sole for a salty butter sauce.

- Mix capers and sultanas with toasted pine nuts and a little olive oil, then toss through pasta for a simple Italian supper.

CREAM OF TOMATO SOUP

- Use it as a base for a sauce instead of passata, adding garlic, basil, seasoning and any leftover veg when making a veggie pasta bake.
- Make meatball subs by spreading some warmed tomato soup on one side of a baguette and topping with cooked meatballs and grated cheese.
- Add brown rice, carrots, peas and shredded cooked chicken for a satisfying lunch.

Dhs8 per serving

Use up

Cans of tomatoes,
coconut milk
and chickpeas



Dhs11 per serving

Use up

Cans of cannellini beans and tomatoes

Smoky sausage casserole

If you don't have cannellini beans, use any other canned variety instead. Similarly, if you don't have spinach, use another leafy green, like kale.

EASY **CALCIUM** **FOLATE** **FIBRE** **VIT C** **4 OF 5 A DAY**

SERVES 4 **PREP** 15 mins **COOK** 1 hr

- 1 tbsp olive oil**
- 1 onion, finely chopped**
- 1 garlic clove, crushed**
- 1 large celery stick, finely chopped**
- 2 peppers (any colour), cut into chunks**
- pack 6 beef sausages (about 400g/14oz)**
- 1 tsp sweet smoked paprika**
- 1/2 tsp ground cumin**
- 1/2 tsp chilli flakes**
- 2 x 400g cans chopped tomatoes**
- 400g can cannellini beans, drained**
- 250g bag spinach (or use the same quantity as frozen)**
- 2 tbsp fresh breadcrumbs (or frozen - see tip on p52)**

1 Put the oil in a large, heatproof casserole dish over a medium heat and add the onion, cooking for 5 mins until starting to soften. Tip in the garlic, celery and peppers, and give everything a good stir. Cook for 5 mins more.

2 Turn the heat to high and add the sausages. Cook for a few mins until browned all over, then reduce the heat to medium, sprinkle in the spices and season well. Pour over the tomatoes and bring to a simmer. Cover and continue simmering gently for 40 mins, stirring every now and then.

3 Heat the grill to high and uncover the casserole. Add the beans and spinach, and stir to warm through. Scatter over the breadcrumbs and grill for 2-3 mins until golden and crisp.

PER SERVING 525 kcs • fat 29g • saturates 10g • carbs 39g • sugars 17g • fibre 7g • protein 22g • salt 3.1g



Use up

Can of condensed milk

Dhs10 per serving

Quick & easy tiramisu

A recipe rarely calls for a whole can of condensed milk. However, once opened, the contents can be stored in an airtight container in a cool, dry place for up to three months.

EASY **CALCIUM**

SERVES 2 (easily doubled)

PREP 15 mins plus 1 hr chilling **NO COOK**

- 3 tsp instant coffee granules**
- 3 tbsp coffee liqueur (or Camp Chicory & Coffee Essence)**
- 250g tub mascarpone**
- 85g/3oz condensed milk**
- 1 tsp vanilla extract**
- 4-6 sponge fingers**
- 1 tbsp cocoa powder**

1 Mix the coffee granules with 2 tbsp boiling water in a large jug and stir to combine. Add the coffee liqueur and 75ml cold water. Pour into a shallow dish and set aside.

2 Make the cream layer by beating the ascarpone, condensed milk and vanilla extract with an electric whisk until thick

and smooth.

3 Break the sponge fingers into two or three pieces and soak in the coffee mixture for a few secs. Put a few bits of the sponge in the bottom of two wine or sundae glasses and top with the cream. Sift over the cocoa and chill for at least 1 hr before serving.

PER SERVING 753 kcs • fat 53g • saturates 36g • carbs 45g • sugars 39g • fibre 1g • protein 11g • salt 0.3g

Tip

Sponge fingers make an ideal base for trifles too.

Use leftovers in a super-quick version: pour a little syrup from any canned fruit over the fingers to soak them, then top with cream and the fruit from the can.



For more recipes and ideas to use up leftovers, visit bbcgoodfoodme.com

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Maisie makes pesto pasta

Maisie makes her favourite pasta dish for a special vegetarian family supper

Photographs DAVID MUNNS

A big part of getting kids cooking is to give them an understanding of how meals are made, and the raw ingredients they contain. I've yet to meet a child who doesn't like pesto – it's the favourite of both my children – but I bet most of them don't realise that it's made from basil, or, indeed, what basil is.

At home, I've been teaching my kids how to make foods they take for granted from scratch – we've covered fish fingers, baked beans, pizza and pesto pasta. Whether in the end they prefer shop-bought or homemade, later in life this allows them to make healthier food choices.

KIDS the writing in red is for you

GROWN-UPS the writing in black is for you

Best-ever pesto & potato pasta

EASY **V**  pesto only

SERVES 4-6 **PREP** 20 mins **COOK** 11 mins

You will probably demolish this in one sitting, but if you have any leftover pesto it will keep for 3 days in the fridge and any leftover pasta makes a great lunchbox salad for the next day.

150g green beans

300g new potatoes

300g short dried pasta like fusilli, or a long pasta like linguine

FOR THE PESTO

large bunch basil

50g pine nuts

50g Parmesan (or vegetarian alternative), grated, plus extra to serve (optional)

2 garlic cloves

100ml olive oil

PER SERVING (6) 540 kcals, protein 12g, carbs 46g, fat 34g, sat fat 6g, fibre 4g, sugar 2g, salt 0.2g

BEFORE YOU START

- ☐ Clear the surface so that you have a clutter-free cooking area.
- ☐ Roll up their sleeves, or get your child to wear a short-sleeved top.
- ☐ Put on an apron, tie back long hair or use a hairband.
- ☐ Wash hands thoroughly.
- ☐ Gather your ingredients and equipment together.
- ☐ Never leave a child unsupervised in the kitchen.

WHAT YOU NEED

- ☐ Mini chopper or pestle and mortar
- ☐ Small frying pan
- ☐ Chopping board
- ☐ Knife that's suitable for a child
- ☐ Large saucepan
- ☐ Wooden spoon
- ☐ Mixing bowl



1 Pick the basil for the pesto.

Get your child to pick the basil leaves off the stalks. Ask them to look at and smell the leaves as you tell them the name of the herb until they remember it – try to do this with all herbs when you can.



2 Make the pesto.

Toast the pine nuts in a pan over a low heat. A child of seven years plus can stir the nuts in the pan. Tip into a mini chopper (or use a pestle and mortar) with the basil, Parmesan, garlic and olive oil. Blitz or pound into a green sauce, then set aside.

WHAT WE'VE LEARNT

As well as making a family meal, this recipe requires a couple of key skills that will help younger children become a more confident cook.

☐ **COOKING PASTA** Pasta has become such a staple part of the family diet that it's really useful for children to know how to cook it. It's one of the first lessons of everyday cooking and the sooner they understand it, the better.

☐ **IDENTIFYING HERBS/INGREDIENTS** Every time you cook with an aromatic ingredient, encourage your child to smell or taste it and repeat the name of the ingredient. This can start from a very early age, before they actually start cooking properly. It's such a little thing, but it helps children to feel comfortable around food and excited about trying new ingredients.

Get
kids
cooking!
in
good food



3 Chop up the beans.
Using the child-friendly knife, get children from the age of five to chop the green beans into shorter lengths, and quarter the potatoes. Younger children can snap the beans into short lengths while you prepare the potatoes.



4 Cook the vegetables and pasta.
Bring a large pan of water to the boil, add the potatoes and boil for 3 mins. Remove from the heat and ask the child to tip in the pasta and give it a stir. Put the pan back on the heat, boil the pasta for 5 mins, add the beans and cook for a final 3 mins.



5 Mix everything together.
Drain everything well and tip into a bowl. Spoon most of the pesto into the pasta and stir everything together to coat. Bring the large bowl of pasta to the table and serve with extra Parmesan, more basil and remaining pesto, if you like.

WHAT SHOULD YOUR CHILD BE EATING IN SCHOOL?

Long gone are the days of processed chicken dinosaurs, turkey twizzlers and stogy smiley faces. We take a look at what children of today should be eating in school to ensure healthy, happy development. By Sophie McCarrick

When considering a school, standard of education isn't the only thing a parent should be looking at. With obesity taking its hold on the UAE, ensuring that children are consuming the right types of food has become an evermore-important area of focus.

Believe it or not a whopping 47.5% of residents are overweight, according to a survey released by Zurich International Life - a scary figure that continues to rise.

Sadly, an obese child is more than likely to grow into an overweight adult - not only affecting their quality of life, but their risk of disease and ultimately their lifeline.

With a large proportion of a child's upbringing spent in school, it's important for parents to be aware of what's being served in the school cafeteria.

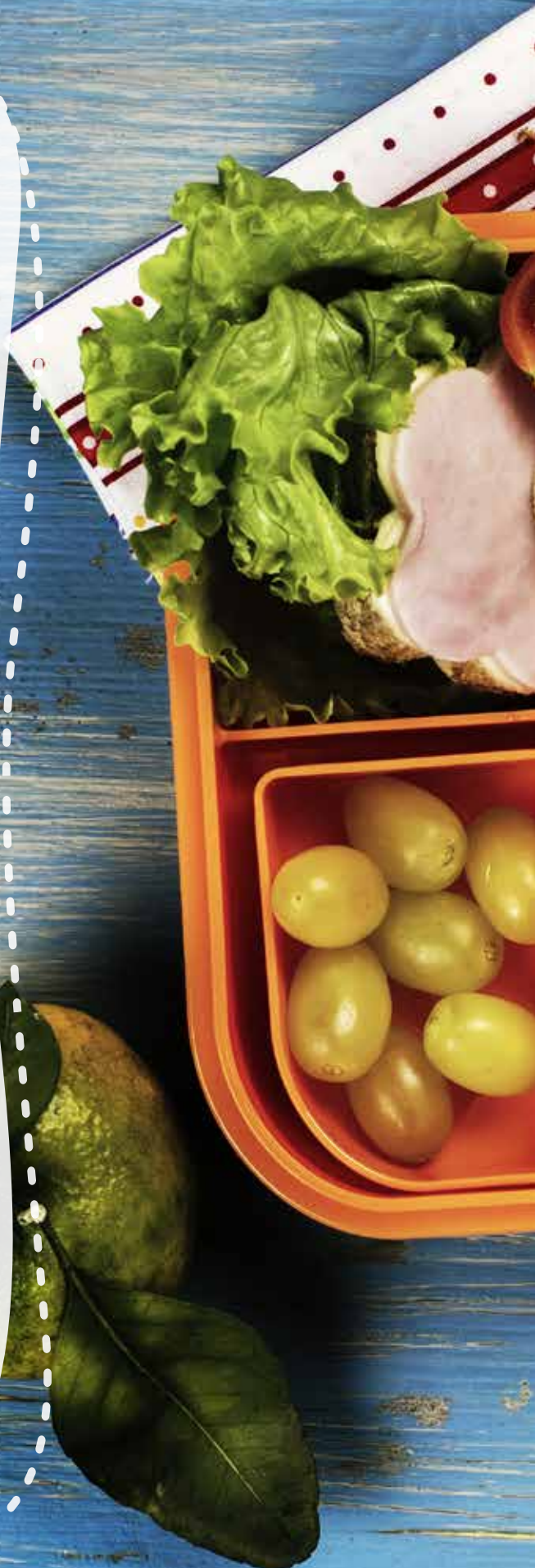
Healthy eating can help children in school by stabilising their energy levels, sharpen their minds and increase their moods and motivation to learn. Yet, on the other hand if a child's diet lacks certain nutrients and contains high amounts of processed food and simple sugars getting children to succeed at school is a difficult task, Dubai-based nutritionist, Chloe Moir tells.

As a word of advice to parents, she adds: "Provide you children with the best opportunity to grow into knowledgeable and healthy adults by feeding them the right nutrients to support this."

Whether parents like it or not, once children start school they have more freedom to decide what they will and will not eat - so, educating them on what a healthy, well-balanced, varied diet comprises is important. Children's meals need to include a variety of foods in order to meet their nutritional needs.

The school day is long and energy demands are high, both physically and mentally. When hunger strikes, moods dip and the ability to concentrate wanes. What our children have for lunch needs to be nourishing and provide a good source of energy to last throughout the afternoon, explains BBC Good Food's expert, Jo Lewin.

"Eating too much or a lunch that is high in fat or sugar can leave children sleepy or struggling with tummy ache. Banish these symptoms by choosing foods for your child's lunchbox that are nourishing and sustaining enough to get them through the day but not too heavy to slow them down," she says.



Schools should be serving:

- a variety of nutritious foods
- plenty of vegetables, legumes and fruit
- plenty of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- lean meat, fish, poultry and/or alternatives e.g. nuts or legumes
- reduced fat milks, yogurts, cheeses and or alternatives
- water as a drink

Schools should be taking care to:

- limit saturated fat and moderate total fat intake
- choose foods low in salt
- serve only moderate amounts of sugars and foods containing added sugars

Did you know...

Sometimes when children are going through a tough time at school – with exams for example, the body can exhibit this upset in their gut. They may complain of tummy ache, or have trouble going to the loo. Dig a little deeper into what might be going on before assuming it's an allergy or intolerance. Many children do experience constipation – and dehydration can be one of the most common reasons, as can a lack of fibre. Fibre needs plenty of water to help it 'bulk out' the stool and stimulate the gut to move it through, so make sure you boost fibre and water in the diet or you can make constipation worse. Jo Lewin says you should choose wholegrains, oats, quinoa, plenty of fruits and vegetables, lentils and beans.

Wakey wakey, sunshine!

What children consume before stepping through the door plays a big role in how they feel for the rest of the day. Here are a few tips to bear in mind:

Cereals – are seldom as healthy as they appear on the packet. Read labels carefully to ensure you're not buying processed cereals overloaded with sugar and salt. Opt for unsweetened boxes such as bran based and oats, then serve with freshly cut fruit, raisins or organic honey.

Protein – incorporating proteins like egg, baked beans or natural yoghurt into breakfast will help to keep a child's appetite satisfied for longer, which will prevent unhealthy snacking.

Hydration – children can sometimes be confused being thirsty with hunger. When they ask for food, be sure to check they're not actually thirst and needing water for hydration. Avoid sugary juices and pops.

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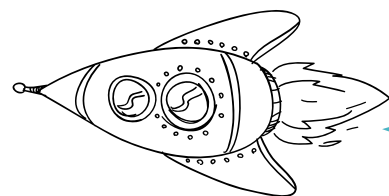
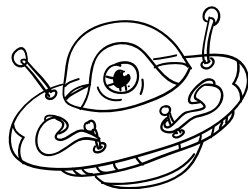
The final frontier

Making the solar system out of biscuits will keep the most inquisitive and active child occupied any day of the week

Recipe Jenny White Photographs Colin Baldwin

PROJECT
planet
cookies





Planet cookies

This recipe makes enough dough for two sets of planets, but we've given instructions to make just one set of 10 biscuits. The remaining half of the dough can be frozen or chilled.

If you want to make two sets at the same time, cut out twice the number of biscuits, then double the royal icing sugar to 500g and use 5-6 tbsp water.

A LITTLE EFFORT ❄️ before baking

MAKES 20 **PREP** 1 hr 30 mins **COOK** 10-12 mins

100g/4oz unsalted butter, softened

100g/4oz golden caster sugar

1 egg, lightly beaten

1 tsp vanilla extract

280g/10oz plain flour, plus extra for dusting

250g/9oz royal icing sugar

red, blue, green, yellow, orange and black gel food colouring

caramel flavouring (for brown colour)

gold edible glitter (optional)

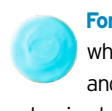
1 Heat oven to 190C/170C fan. Line a baking sheet with baking parchment. Using an electric whisk, beat the butter and sugar together in a large mixing bowl until pale and fluffy. Gradually beat in the egg and vanilla extract.

2 Stir in the flour, then knead the mixture briefly to make a dough. Divide the dough in half. *One half can now be frozen or chilled to make another batch of biscuits.* On a floured work surface, roll out the remaining dough to the thickness of a £1 coin. Using plain round biscuit cutters, cut out the following size biscuits: 1 x 8cm, 2 x 7cm, 4 x 6cm, 2 x 5cm and 1 x 3.5cm.


3 Carefully transfer the biscuits to the prepared baking sheet and bake for 10-12 mins until pale golden brown. Leave them on the baking sheet for 5 mins, then transfer to a wire rack to cool completely.

Now for the fun part...

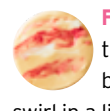
 **Ice your biscuits, starting with the Sun** Mix the icing sugar with 2-3 tbsp water to make a smooth, spreadable icing - it shouldn't be too runny. Spoon 1 tsp of the icing into a small bowl and mix enough yellow food colouring to make it bright yellow, then use to cover the largest biscuit and set aside to dry.

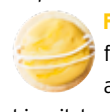
 **For Uranus** Spoon 2 tsp of the white icing into another small bowl and mix in enough blue food colouring to make it a bright, light blue. Use a little of this icing to cover a 6cm biscuit to make Uranus. Set aside to dry.

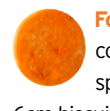
 **For Earth, Neptune and Pluto** Add a little more blue colour to the blue icing and use a little to cover another 6cm biscuit, to make the water on the Earth. Set aside to dry. Add a little more colour to the blue icing and cover another 6cm biscuit. Using a cocktail stick, swirl a little extra blue food colour and white icing onto this iced biscuit to make Neptune. Set aside to dry. Add a little more blue and a tiny bit of black food colouring to the blue icing and spread it over the 3.5 cm biscuit to make Pluto. Set aside to dry.

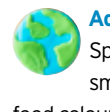
 **For Mercury** Spoon 1 tbsp of the white icing into another bowl and

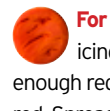
add enough of the caramel flavouring to make a beige colour. Spread a little of it over a 5cm biscuit. Using a cocktail stick, swirl a little extra caramel flavouring into the icing on the biscuit. Set aside to dry.

 **For Jupiter** Spread a little of the beige icing over a 7cm biscuit. Using a cocktail stick, swirl in a little red food colouring and white icing to make the patterns of Jupiter. Set aside to dry.

 **For Saturn** Add a little yellow food colouring to the beige icing and spread it over the other 7cm biscuit, leaving a 1cm border around the edge. Use a cocktail stick to swirl a little yellow food colouring into the icing and set aside to dry.

 **For Venus** Add a little orange food colouring to the beige icing and spread some over the remaining 6cm biscuit. Using a cocktail stick, swirl in a little orange. Set aside to dry.

 **Add some green icing to Earth** Spoon 1 tsp white icing into another small bowl and add enough green food colouring to make it bright green. Blob a little of the green icing over parts of the blue icing.

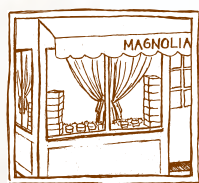
 **For Mars** Spoon 1 tsp white icing into a small bowl and add enough red food colouring to make it bright red. Spread the red icing over a 5cm biscuit. Using a cocktail stick, swirl a little red food colouring into the icing. Set aside to dry.

Finishing touches Fit a plain nozzle on to a piping bag and add the remaining white icing. Pipe 2 stripes around the middle of the Saturn biscuit to give it its rings. If you like, you can sprinkle the Mercury and Venus biscuits with a little edible gold glitter to make them sparkle.

PER COOKIE (average) 156 kJ • fat 4g • saturates 3g • carbs 26g • sugars 16g • fibre 1g • protein 2g • salt 0.1g



For more ideas, visit the
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Essential dried herbs

We've become a bit sniffy about dried herbs, particularly as fresh are now so readily available. But dried herbs still deserve a place in your kitchen, says Orlando Murrin

Photograph Mike English

You can't beat dried herbs for convenience and value. A 25g pot or sachet of dried thyme, for example, will yield as much as a dozen packs of fresh - without the need for washing, chopping or refrigerating.

Buying and storing

- Light and heat are the enemies of dried herbs and spices, so don't keep them in a rack near the stove. A plastic box is ideal - stick a label on each jar lid, so it's easy to read from above.
- We like Seasoned Pioneers, which packages herbs and spices in resealable foil sachets - they last for ages.
- If you're looking for something special, steenberg.co.uk offers a global range of largely organic herbs and spices. Its website is packed with know-how and recipe inspiration.
- Specialist and wholesale shops offer giant packs at low prices, but for the average household it's wiser to buy in small quantities more often.

Using dried herbs

- In a recipe, 1 tsp dried herbs equals 1 tbsp fresh. In general, use 1/4-1/2 tsp of dried herbs per serving.
- To release flavour, dried herbs are best rehydrated. Add either at the beginning of cooking, or about 20 minutes before the end. Try mixing herbs with 1 tsp of oil and leaving for 10-15 minutes before using in dressings, marinades or sauces. Instead of sprinkling dried oregano on a pizza, steep in a little oil and use as a drizzle.
- Dried herbs are a useful way to cut down on salt. Where possible, add them during cooking rather than sprinkling on top.

Dry your own

- Put sage, rosemary, thyme, oregano, mint or marjoram leaves in a single layer between sheets of kitchen paper and microwave on High for 1-2 mins until brittle.
- If you have a bay tree, use the leaves fresh, or air-dry by hanging stems in an airy place, then picking off leaves to store in a tin or jar.

Essential for the Moroccan seasoning ras el hanout, and subtle Indian dishes. Rose petals also make beautiful cake and cupcake decorations.

A couple of bay leaves will give mellow sweetness to braises, stews, stocks and soups. A bay leaf also makes a pleasing change when flavouring custards and rice puddings - infuse in heated milk, or stir in with the rice.

Dried dill is useful when fresh isn't available, to give a Scandinavian touch to fish, egg dishes and potatoes (don't confuse with dill seeds, which are used in pickles).

Oregano is the one herb that is generally considered better dried than fresh. It's indispensable in Italian and Mexican cooking, especially with tomatoes and cheese. Its cousin marjoram is often overlooked, but offers a sweeter, less assertive flavour - useful for red meats and pulses.



Lavender is good in shortbread or as a flavouring for ice cream or custard. Sprinkle sparingly onto lamb or oily fish before roasting or baking.

Lavender

Thyme

Dried thyme is a multi-purpose herb to pop into a soup or casserole when a sprig of fresh is not available. Also great with chicken.

Mint has made a recent comeback, thanks to the trend for Middle Eastern food. Like fresh, dried mint can overpower, so use sparingly. Spearmint is more suited to savoury dishes (especially Greek dishes, lamb and split pea soup) than peppermint (use for sweets and chocolates).

Sometimes called kaffir lime leaves, tear or shred into Thai soups and curries for a distinctive citrus flavour.

Lime Leaves

MIX THEM UP

Mixed herbs Useful no-salt seasoning for meats and vegetables. You can mix your own using marjoram, oregano and thyme. **Italian mixed herbs** Usually a mix of thyme, marjoram, oregano, sage, rosemary and garlic - a useful one-stop seasoning for pasta sauces, especially tomato. As with oregano, stir into a little oil before drizzling on pizza.

Rosemary adds a pine fragrance to slow-cooked dishes (particularly Italian-style soups, stews, braises and all lamb dishes). Use sparingly, and chop if you don't want spiky leaves in your finished dish.

Rosemary

Choose freeze-dried lemongrass stalks, which have almost the same brightness and fragrance as fresh. Along with lime leaves - also best freeze-dried - lemongrass is good in curries and Thai dishes involving coconut.

Lemongrass

Rubbed (or crumbled) sage is better than powdered. It lacks the zing of fresh, but it complements poultry, pork and butternut squash, and stuffings.

Sage

BEST WHEN FRESH

Basil, chives, coriander, parsley and tarragon may be supermarket bestsellers, but most cooks agree that dried is not a patch on fresh. At a pinch, they add a dash of green and a herby whiff to dishes, but lack the freshness or vibrancy of fresh.

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GROW YOUR OWN HERBS

Invest in yourself and the world we live in – once you've started growing your own herbs, you'll never take another look at a store bought again, says Sophie McCarrick

Herbs are easy to grow, take up little space and are essential for anyone passionate about cooking. Try growing your own by following these simple steps:

Here's what you'll need....

- 1 x bronze fennel
- 1 x lavender 'Hidcote'
- 1 x golden sage 'Icterina'
- 5 x dwarf cornflower 'Blue Ball'
- 5 x love-in-a-mist 'Miss Jekyll'
- 1x planter
- compost - multi-purpose, with some extra grit mixed in (buy this from garden centres)
- Drainage material - broken polystyrene or terracotta, bottle corks or stones from the garden
- slow-release fertiliser
- 1 trowel
- 1 dustpan and brush
- 1 watering can

Get your seeds from....

- Dubai Garden Centre, Sheikh Zayed Road
- The Farmers Market on The Terrace, Bay Avenue
- The Ripe Market, Times Square Center
- Plant Souk, Dubai-Hatta Road
- Selected Géant supermarkets

Prepare your pots like this....

- Put a layer of drainage material to cover the holes in the base of the pot.
- Add compost until it is 5cm/2in below the rim of the pot, firm it gently with your fingers, mix in slow-release fertiliser just below the surface, using the amount recommended on the packet.
- Plant the fennel in the centre at the back, 'love in a mist' and cornflower in a second row, about 10cm/4in apart, then the sage and lavender at the front.
- Fill gaps between plants with compost, then water slowly so it soaks through the compost.
- Touch the surface of the compost, then water only if it feels dry. In warm, sunny weather, this can be as often as every day. Don't over-water. Remove flowers as they fade to encourage the plants to produce more. Harvest herbs as you need them.
- If you want to store them, wrap first in damp kitchen roll, then cling film. Store roll in fridge.

Banking *for life*

Reduce kitchen waste and save money with eco-shopping and cooking advice

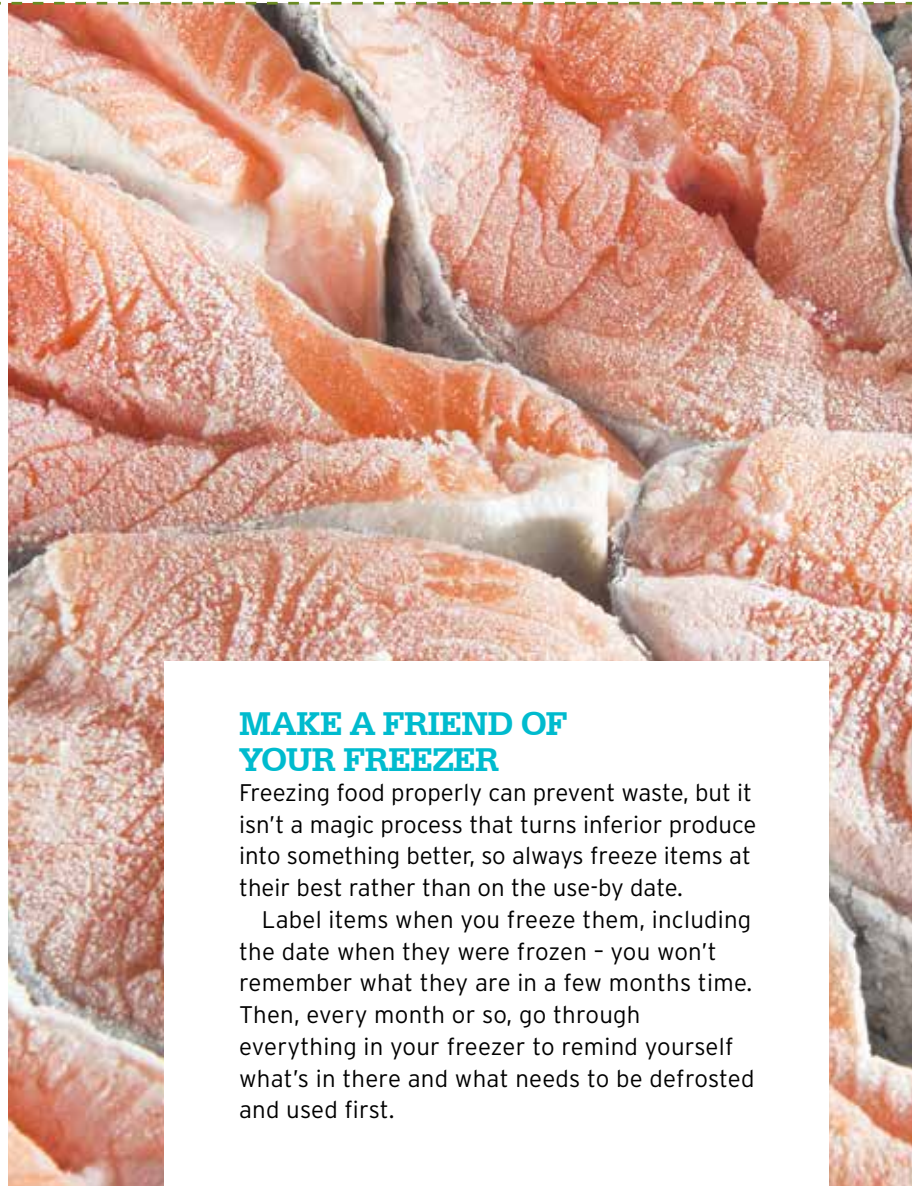
We have become a world of food wasters who, according to statistics, throw away around a third of the items we buy per household - that's millions and millions of tonnes of food each year, globally.

With shopping bills on the increase, it makes a lot of sense to re-think your buying habits. Also, waste food is a major contributor to greenhouse gas emissions - another reason to cut back on what you buy - and throw away. Don't you think it's time that we invest in the world's future, the same we invest in our future finances?



SIZE UP YOUR PORTIONS

One reason you might be throwing away uneaten food is because you're cooking too much in the first place. If this is the case, it's time to re-evaluate the amounts you cook. For rice, pasta and potatoes, a handy general rule to remember is that one serving will require a handful of rice, 100g pasta or one large baking potato.



MAKE A FRIEND OF YOUR FREEZER

Freezing food properly can prevent waste, but it isn't a magic process that turns inferior produce into something better, so always freeze items at their best rather than on the use-by date.

Label items when you freeze them, including the date when they were frozen - you won't remember what they are in a few months time. Then, every month or so, go through everything in your freezer to remind yourself what's in there and what needs to be defrosted and used first.





USE UP LEFTOVERS

Years ago it was unheard of to throw away food – every scrap was used up. Many of today's comfort food classics, such as Shepherds pie and Bubble & squeak, are now made from scratch, but they were invented to use up leftovers.

Here are a few quick ideas for using leftovers. For more inspiration, visit bbgoodfoodme.com and type the ingredients you have into the search box.



- Stir-fried roast dinner – a Monday night must. Roughly chop and slice all the elements of your leftover roast. Heat some oil in a wok, then re-crisp the roasties. Add the other chopped ingredients, heat through, add chopped ginger, chilli and garlic, then serve with reheated gravy or soy sauce. It isn't pretty, but it's really tasty.
- As long as rice is chilled once cool and eaten either cold or reheated until piping hot, it makes the perfect leftover ingredient: try it in summery rice salads, stir-fries or speedy paellas.
- Perk up leftover potatoes, pasta and cooked veg by serving them as salads, tossed with a tasty dressing and mixed with some chopped herbs.
- Leftover meat and poultry can simply be served cold for lunch with a tangy chutney, or used to make pie fillings.

10 STEPS TO SMARTER SHOPPING

- 1 Check what you already have in your fridge and storecupboard before you shop so you don't buy more than you need.
- 2 Consider how many nights that week you or your family will be at home to eat – there's no point in planning meals for someone who will be out every night.
- 3 Plan specific meals and recipes – this is where a list comes in handy. You'll save money if you only buy what you really need.
- 4 Special 3-for-2 and buy-one-get-one-free offers initially appear to save you money, but not if you throw out half at the end of the week. If some of your budget buy can be frozen, it makes sense to buy it and stick it in the freezer as soon as you get home for a longer life.
- 5 Only bulk-buy non-perishable basics, and seasonal fruit or veg that your family love, so they won't tire of it.
- 6 Choose loose produce over pre-packed to avoid packaging waste.
- 7 Bagged salads are pricey, and quickly wilt – a whole lettuce is a better buy.
- 8 Avoid food shopping when you're hungry – this leads to impulse buying.
- 9 Check sell-by and use-by dates, and look to the back of the shelves to see if you can find items with a longer life.
- 10 Go prepared with re-usable bags to avoid bringing any plastic home.

COMPOST AND RECYCLE

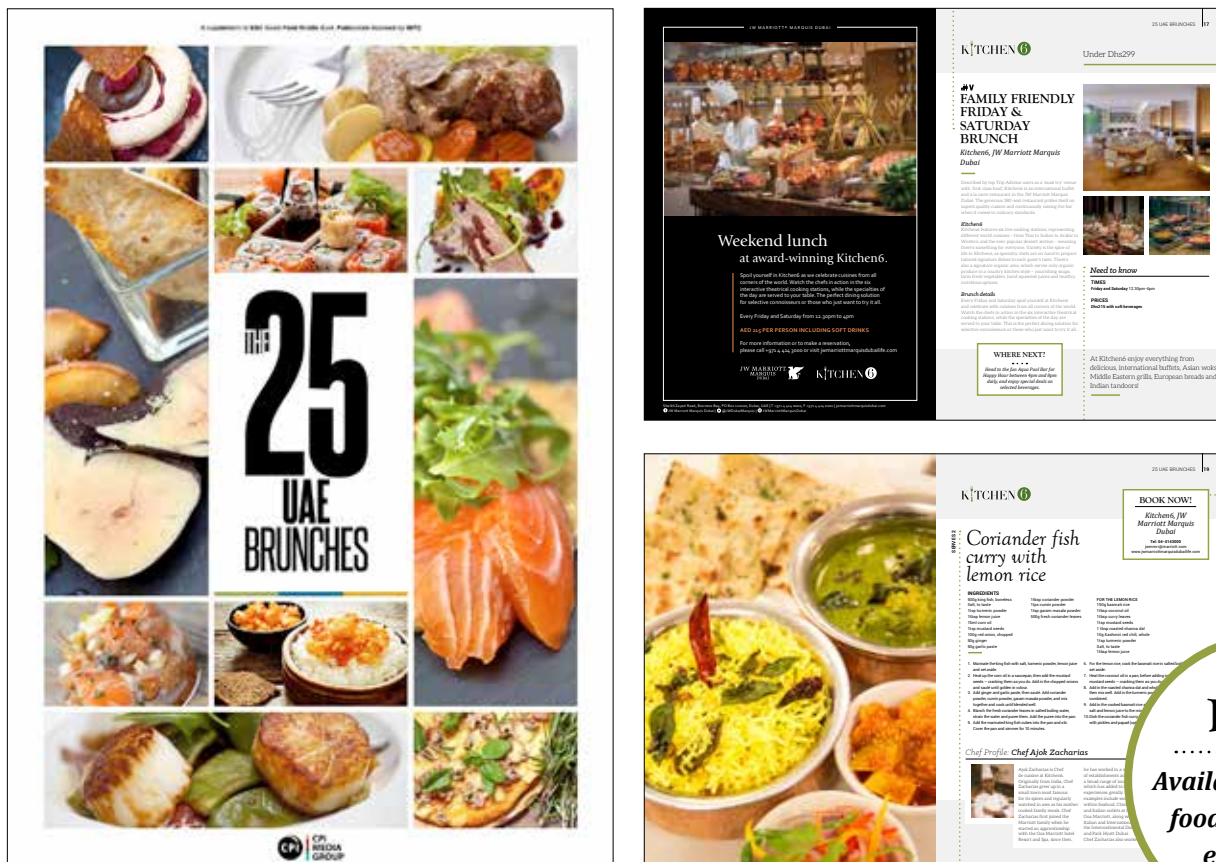
We all want to keep food waste to a minimum, but carrot peelings and used tea bags are never going to make it onto the leftover list. Composting your unwanted food scraps means you can throw away with a clear conscience. Not only do you reduce waste, but your garden will benefit, plus you'll save money on buying compost and plant feed.

If you don't have a garden, then phone your local authority to find out about food collection, or visit your local allotments and ask gardeners there if they are interested in taking your kitchen waste. For more information on compost, visit gardenersworld.com



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GREENER CLEANER

Food writer Debora Robertson shares her trusted and thrifty tips to clean your kitchen the eco way

Illustrations George Bletsis



1 FRESHEN UP YOUR CHOPPING BOARDS

Dip the cut side of a halved lemon in salt, rub over the surface of a wooden board, leave for five minutes, rinse and dry immediately.

2 WASH DISHCLOTHS, DUSTERS AND SPONGES in the machine at minimum 60C, without fabric conditioner. Keep a generous stack of them and change frequently. Toss washing up brushes in the dishwasher to clean them.

3 KEEP THE DISHWASHER SPARKLING

Empty a sachet of citric acid (available from chemists) into the detergent dispenser, then run on a hot cycle once a month to banish built-up grease and limescale. Alternatively, pour about 400ml white vinegar into the bottom of the dishwasher and leave for 30 minutes before running a hot cycle.

4 DON'T LET YOUR FRIDGE

become a memorial to meals that time forgot. Keep an eye on what you have, use up things before they turn, and wipe up spills as they occur. Wash the handles of your fridge and freezer with hot soapy water every day. Place an open tub of bicarbonate of soda in the fridge to absorb odours.

5 CLEAN GLASS-FRONTED CABINETS, TILES AND MIRRORS

with a spray made from a half-and-half mixture of white vinegar and water. Buff them dry with microfibre glass cloths.

6 DON'T DAMAGE SHARP CHEF'S KNIVES

by putting them in the dishwasher. Natalie McVeigh, who imports high-quality Japanese I.O.Shen knives to the UK, explains that knives with a high carbon content can be damaged and blunted by the high heat and salts. She advises carefully hand washing, drying and storing on a magnetic wall rack. Avoid wooden knife blocks as they can blunt blades as you slide knives in. They're also unhygienic as they get dusty inside and are impossible to clean.

7 WIPE DOWN SPLASHES IN YOUR MICROWAVE

after each use. Once in a while, slice some lemons (or save bits of squeezed lemon you've used in cooking), place them in a heatproof bowl filled with hot water and blitz on High power until the microwave is good and steamy. Carefully remove the bowl and dry the interior of the microwave with a clean cloth.

8 NEED TO CLEAN THE OVEN?

Little and often will save you from this dreaded task. Prevention will help, so put baking sheets under pies and anything that might bubble over, and get into the habit of cleaning up splatters as soon as the oven is cool enough to do so safely. To get rid of built-up dirt, mix 4 tbsp bicarbonate of soda and 2 tsp table salt into a paste with water. Spread it over the gunk (avoid the element and seals) and leave for an hour. Spray with white vinegar until it begins to fizz. Leave for 20-30 minutes, then wipe clean with plenty of hot water.

9 REMOVE LIMESCALE

on taps by soaking a soft cloth in vinegar and wrapping it around the badly affected area, securing it with an elastic band. Leave for an hour, remove the cloth and rinse well.

10 GET YOUR COPPER GLEAMING

Leiths School of Food and Wine knows a thing or two about copper pans. Staff clean theirs with a paste introduced by Prue Leith, the school's founder, who worried that commercial products might damage the copper. To make the paste, mix equal quantities of table salt, vinegar, flour and egg white (freeze leftover egg whites in an ice cube tray for just this purpose). Rub the paste into the copper, rinse well, then buff with a clean, soft cloth.

YOUR STORECUPBOARD ARSENAL

- **Bicarbonate of soda** will remove stains and odours, and is a good, gentle scourer.
- **Lemon's** natural acidity means it cuts through grease and stains. Halved lemons make great little scourers.
- **Salt**, like bicarbonate of soda, is a natural scourer and deodoriser.
- **White (distilled) malt vinegar**, diluted, is great for cleaning floors, windows and surfaces. It lifts grease and stains and tackles limescale.

NEVER THROW OUT

- **Bicarbonate of soda** • **Flannel or cotton jersey nightwear**. Cut into large squares - they make fantastic dusters.
- **Old toothbrushes** - brilliant for giving hard-to-reach nooks and crannies a good scrub.



One-pot supper

We've swapped the traditional seafood of a classic paella for chicken and chorizo – two ingredients we know you love!

Recipe Chelsie Collins Photograph Sam Stowell

Chicken & chorizo paella

EASY FIBRE 10g 5 A DAY P

SERVES 4 PREP 10 mins COOK 40 mins

1 tbsp olive oil
2 chicken breast fillets, cut into chunks
2 small onions, finely sliced
1 fat garlic clove, crushed
140g/5oz cooking chorizo, sliced
1 tsp turmeric
pinch of saffron
1 tsp paprika
300g/11oz paella rice
850ml/1½pts hot chicken or vegetable stock
200g/7oz frozen peas
1 lemon, cut into wedges, to serve
½ small pack parsley, finely chopped, to serve

1 Heat the oil in a deep frying pan over a high heat. Add the chicken and brown all over – don't cook completely. Once browned, transfer to a plate. Reduce the heat to low, add the onions and cook slowly until softened, about 10 mins.

2 Add the garlic, stir for 1 min, then toss in the chorizo and fry until it releases its oils. Stir in the spices, then tip in the rice. Stir to coat the rice in the oils and spices for about 2 mins, then pour in the hot stock. Bring to the boil, return the chicken to the pan and simmer for about 20 mins, stirring occasionally.

3 Add the peas to the pan and simmer for a further 5 mins until the rice is cooked and the chicken is tender. Season well and serve with the lemon wedges and chopped parsley.

PER SERVING 563 kcs • fat 16g • saturates 5g • carbs 62g • sugars 5g • fibre 7g • protein 38g • salt 1.9g





SWEET AND SAVORY!

Magnolia Bakery's Chief Baking Officer, Bobbie Lloyd shares exclusive secrets for creating the most perfect cake and reveals her personal, behind the scenes top menu picks - all available at a store near you!



DID YOU KNOW....

That Magnolia Bakery first opened on a small, quiet street corner in the heart of New York City in 1996? Right from the start, it has been cherished for its classic American baked goods, vintage decor and warm, inviting atmosphere. And since, has travelled internationally to destinations including Mexico City, Seoul, Tokyo, Moscow City, and more importantly here to the Middle East! You'll find Magnolia Bakeries in Dubai, Abu Dhabi, Beirut, Kuwait City, Doha and soon, Saudi Arabia!

What's your secret behind creating the perfect cake? Many readers complain that their cakes just aren't fluffy enough!

It all depends on what type of cake you are making. For a classic butter cake like our vanilla cake there are a number of things to be aware of.

1. The temperature of the butter is crucial. Too soft or hard and your butter will not cream properly.
2. Cream the butter and the sugar together for the right amount of time. It could be 6-8 minutes of creaming, the mixture should be light and fluffy. Be sure to scrape down the sides of the mixer before adding the eggs.
3. Add the eggs one at a time and mix until fully incorporated with each egg that goes into the mixer. Be sure to scrape down the sides of the mixer again.
4. Be sure your dry ingredients are fully mixed together. I place mine in a separate bowl and sift them together at least once to be sure there are no lumps and that they are fully mixed.
5. Once you add the wet and dry ingredients, be careful not to over mix the batter (and always scrape down the sides and bottom of the mixing bowl).

“If you follow these important steps and make sure that your oven temperature is correct you should have success. Happy Baking!”

Can you tell us a little bit about what the savory menu at Magnolia offers?

The Magnolia Bakery Café menu has been carefully designed to create a synergy with what we accomplish in the bakery every day. In our bakeries we bake from scratch in small batches throughout the day. Our café menu aligns with this very important quality consideration and demands the same standards of baking in small batches. We developed a breakfast all day concept that allows one to dine on pancakes or omelettes at any time of day, while also being able to enjoy a salad or sandwich mid-day.

What are your personal top ten ‘must-try’ menu picks from the savory section?

I love our pancakes. All of the recipes were developed to reflect our baked goods; red velvet with cream cheese icing, hummingbird and carrot to name a few. An absolute must is our ‘Nolia Pie. ‘Nolia pies are a Magnolia Bakery signature

item. They are essentially open-faced savory pies. My personal favourite is our sweet mustard onion with Brie and pears. It is the perfect combination of sweet and savory. ‘Nolia Pies are great as a breakfast item or for lunch with a salad.

What light menu options does Magnolia have?

We offer a selection of salads, these two being my personal favourites. Kale and Quinoa - chopped kale, red quinoa, wheat berries, chickpeas, tomatoes, green beans and butternut squash with a shallot vinaigrette and toasted almonds. Chopped Broccoli Slaw - Napa cabbage and broccoli slaw with edamame, tomato, onion, and cilantro, with a ponzu vinaigrette and chopped peanuts. Yum!

Tell us about the range of bread available on your savory menu...

What differentiates Magnolia Bakery from other bakeries is that we are a sweets bakery and do not make yeast breads. However we do make fresh biscuits in small batches throughout the day for breakfast sandwiches and for some of our signature lunch items.

CONTACT MAGNOLIA BAKERY!

@MagnoliaBakeryUAE

Dubai Mall, Bloomingdale's Home Store

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Dubai Festival City Mall

04-2881539

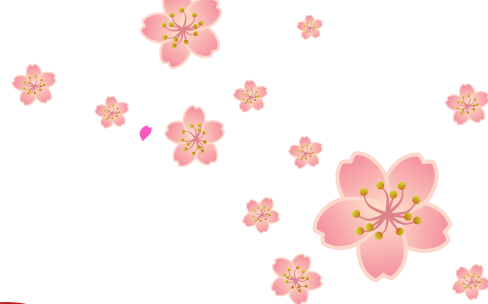
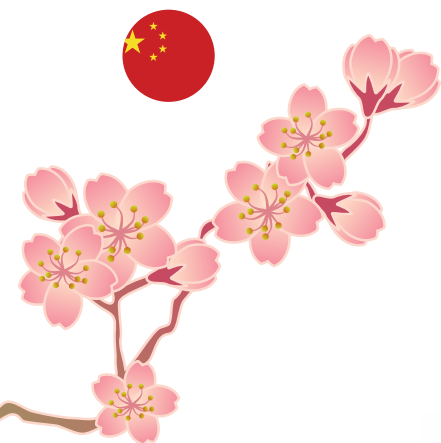
The Beach at JBR

04-2767034

The Galleria on Al Maryah Island

02-6749380

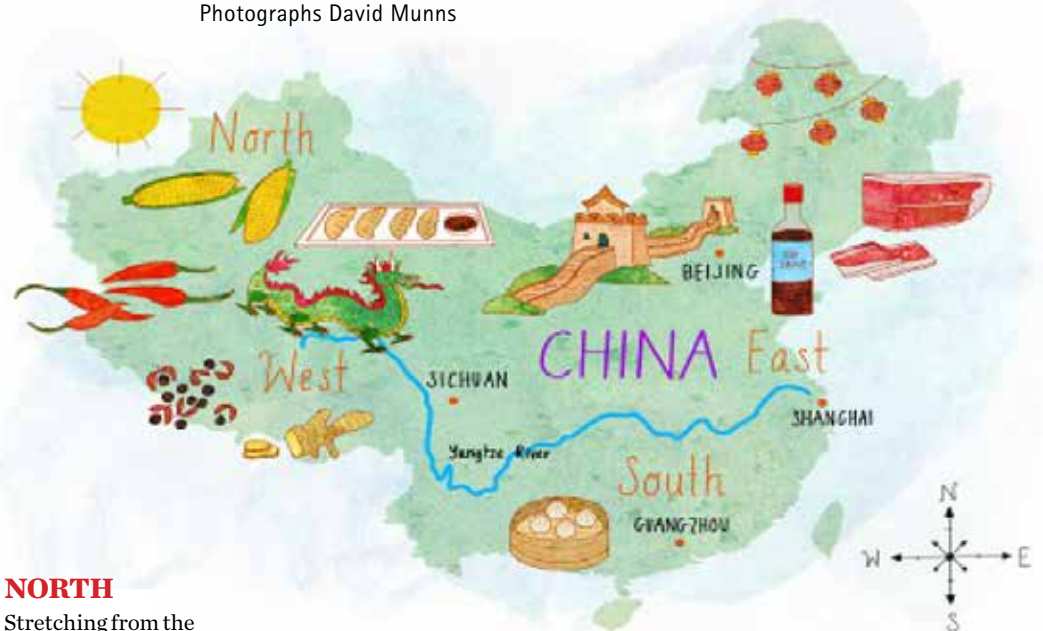
www.magnoliabakery.com



Flavours of China

BBC chef Ken Hom serves up regional Chinese dishes that can be eaten individually or as part of any celebration at home

Photographs David Munns



Although my family were originally from the southern province of Guangdong, by the age of 11 I was working part-time in my uncle's restaurant in Chicago. He employed chefs from different parts of China, and gradually I learned why a particular spice went with a certain meat, why this sauce suited that vegetable – in short, the essence of Chinese cooking.

Westerners often think all Chinese cooking is the same, probably because Chinese cooks share common techniques, and many Western restaurants blur the distinctions between the regional styles. However, China has huge variations in climate, agricultural tradition and available produce, and these all impact on its cooking styles. These styles can be separated into four key regional categories.

NORTH

Stretching from the Yangtze River to the Great Wall, this region includes Shandong, Henan and Beijing cooking styles. Grains rather than rice are the staple food, and are made into bread, noodles, dumplings and pancakes.

The harsh climate means that fresh fruit and veg are only available at certain times during the year, so preserved and pickled foods are a speciality.

Key ingredients

Wheat • Corn • Millet • Smoked meats • Pickles • Noodles and dumplings

Signature dishes

Peking duck • Mongolian hotpot

SOUTH

Known as one of the 'rice bowls' of China, the south is the region of Guangdong (Cantonese) cuisine, which is famous for its sweet and sour dishes.

Stir-frying and steaming are popular cooking techniques for preserving colour and flavour. Chilli and spice is used with a lighter touch than elsewhere.

Key ingredients

Rice • Soy • Hoisin • Oyster sauce

Signature dishes

Dim sum • Sweet & sour pork

EAST

A vast range of fruit and veg are grown in this fertile region.

With a long coastline, and the Yangtze River, fish and shellfish are also plentiful. The usual cooking techniques include stir-frying, steaming, red-cooking (simmering in a dark soy sauce) and blanching.

Key ingredients

Soy sauce • Black vinegar • Shaohsing rice wine • Zhejiang ham

Signature dishes

Steamed crab • Drunken chicken • Crispy seaweed • Fried stuffed cucumbers

WEST

The Sichuan province has hot, muggy summers and mild winters. Fruit, vegetables, pork, poultry and river fish are all widely produced and available. Sichuan cuisine is distinguished by its strong flavourings and hot spices, and dishes here can be hot, sour, sweet and salty all at once.

Key ingredients

Red chillies • Sichuan peppercorns • Ginger • Onion • Garlic

Signature dishes

Honey ham with lotus seed • Gongbau (spicy chicken with peanuts) • Chilli pork spare ribs





Peking duck

The Chinese have a special reverence for duck, regarding it as a symbol of wholesomeness and fidelity. Preparing Peking duck is a time-consuming task, but this is a simpler method. You do need to chill the duck overnight, but it's well worth waiting for – it's an unforgettable dish.

A LITTLE EFFORT

SERVES 4 PREP 20 mins plus overnight chilling **COOK** 1 hr 50 mins

1.6-1.8kg/3lb 8oz-4lb duck, fresh or thawed thoroughly if frozen

FOR THE HONEY SYRUP MIXTURE

1 lemon

3 tbsp clear honey

3 tbsp dark soy sauce

150ml/1/4pt Shaohsing rice wine or dry Sherry

TO SERVE

20 shop-bought Chinese pancakes

spring onions, sliced into matchsticks

hoisin sauce

1 Place all the honey syrup ingredients in a large pan with 1.2 litres water and bring to the boil. Turn the heat to low and simmer for about 20 mins.

2 Meanwhile, rinse the duck well, blot it completely dry with kitchen paper, then put it on a rack in a roasting tin. Using a ladle, pour the syrup over the duck several times until the skin is completely coated on all sides. Leave the duck to dry out, uncovered, in the fridge overnight. When the duck has dried, the skin should feel like parchment paper.

3 Heat oven to 240C/220C fan/gas 9. Sit the duck breast-side up on the rack in the roasting tin. Add 150ml water to the tin to prevent the fat from splattering, then roast in the oven for 15 mins. Reduce the heat to 180C/160C fan/gas 4 and continue to roast for 1 hr 10 mins.

4 Remove the duck from the oven and let it sit for at least 10 mins before you carve it. Using a cleaver or a sharp knife, cut the skin and meat into pieces and arrange them on a warm serving platter. Or, if you prefer, shred the meat using two forks.

5 Serve at once with the pancakes, spring onions and a bowl of hoisin sauce.

PER SERVING 842 kJ • fat 70g • saturates 21g •

carbs 14g • sugars 13g • fibre none • protein 38g • salt 2.5g

Curried sweetcorn soup with chicken

Curry is especially popular in Canton in southern China, and Fujian in the east. Chinese cooks use curry as a light addition to seasonings for a subtle touch, rather than a dominant one. This isn't a traditional Chinese soup, it's my version of a sweetcorn soup that's delicious and easy to make.

EASY **LOW FAT** **1 OF 5 A DAY** **before adding egg**

SERVES 4 PREP 10 mins **COOK** 20 mins

450g/1lb fresh sweetcorn cobs or 280g/10oz canned sweetcorn, drained

225g/8oz skinless, chicken breasts, thinly sliced into long shreds

1 egg white, plus 1 egg, beaten

2 tsp sesame oil

3 tsp cornflour

1.2 litres/2 pints chicken stock

1 tbsp Shaohsing rice wine or dry Sherry

1 tbsp curry powder or paste

1 tsp sugar

2 spring onions, finely chopped, to garnish

1 If you're using fresh corn, wash the cobs and remove the kernels with a sharp knife or cleaver. Put in a bowl and set aside – you should end up with about 280g.

2 Mix the chicken shreds with the egg white, 1 tsp salt, 1 tsp sesame oil and 1 tsp cornflour in a small bowl and chill for 15 mins. Beat the whole egg and remaining sesame oil together in another small bowl and set aside.

3 Bring the stock to a simmer in a large pan, add the sweetcorn and simmer for 10 mins, uncovered. Meanwhile, bring a small pan of water to the boil. Turn off the heat and quickly blanch the chicken shreds until they just turn white – about 20 secs. Remove with a slotted spoon and drain well.

4 Add the Shaohsing rice wine to the stock with the curry powder, 1 tsp salt, the sugar and the remaining cornflour pre-mixed with 2 tsp water. Bring it back to the boil, then lower the heat and simmer for another 5 mins.

5 Add the blanched chicken shreds, then add the egg and sesame oil mixture in a very slow, thin stream. Using a chopstick or fork, pull the egg slowly into strands.

6 Ladle into a large bowl, garnish with the spring onions and serve straight away.

PER SERVING 246 kJ • fat 6g • saturates 1g • carbs 18g • sugars 3g •

fibre 4g • protein 28g • salt 2.2g

Flavourful and comforting



Fried stuffed cucumbers

This is inspired by Fujian cuisine in the Sichuan region. It uses seasoned minced pork. I think you'll agree that cucumbers have never tasted so good!

A LITTLE EFFORT 10 OF 5 A DAY P

SERVES 4 **PREP** 35 mins **COOK** 20 mins

2 cucumbers (about 750g/1lb 10oz), cut into 2.5cm/1in slices

2 tbsp cornflour

3 tbsp groundnut oil

FOR THE STUFFING MIXTURE

225g/8oz pork mince

1 egg white

1½ tbsp finely chopped spring onions

1 tbsp finely chopped fresh ginger

2 tbsp Shaohsing rice wine or dry Sherry

2 tbsp light soy sauce

2 tsp white caster sugar

1 tsp sesame oil

FOR THE SAUCE

300ml/½pt chicken stock

2 tbsp light soy sauce

2 tbsp Shaohsing rice wine or dry Sherry

1 tbsp oyster sauce

2 tsp sugar

1 tsp cornflour mixed with

2 tsp water

FOR THE GARNISH

2 tsp sesame oil

½ small pack coriander, finely chopped

1 Using a small sharp knife, remove the seeds and fleshy pulp from the centre of each cucumber slice. Further hollow the cucumber with a teaspoon so that you have tubes with a roughly 5mm shell. Lightly dust the hollow interiors of the slices with the cornflour. Mix all the stuffing ingredients together in a bowl with 1 tsp salt and pepper, and stuff each cucumber ring with the mixture.

2 Heat a wok or large frying pan,

then add the groundnut oil. When it is moderately hot, add some of the stuffed cucumber rings. Cook slowly until they are slightly browned, then turn them over and brown the other side. You may have to do this in several batches, adding more oil if necessary.

3 When the cucumber rings are browned, remove them with a slotted spoon and place on a plate. When you have fried all the rings, wipe the wok or pan clean.

4 Reheat the wok or pan, add the sauce ingredients and bring to a simmer. Add the stuffed cucumber rings, cover the pan with a lid and simmer slowly for 7 mins or until the cucumbers are completely cooked. Lift them out of the sauce with a slotted spoon and transfer to a warm serving platter.

5 Return the pan to the heat and reduce the sauce by a third over a high heat. Add the sesame oil and coriander, then pour the sauce over the stuffed cucumbers to serve.

PER SERVING 268 kcals • fat 15g • saturates 4g • carbs 17g • sugars 8g • fibre 2g • protein 16g • salt 4.7g

Chilli pork spare ribs

The combination of spices and sauces are the hallmark of dishes from western China, and although this recipe involves a series of techniques, you could do much of the work in advance, then the dish can be quickly completed at the last moment. You can finish the spare ribs in the oven, under a grill or on a barbecue.

A LITTLE EFFORT 10 OF 5 A DAY P

SERVES 4 **PREP** 10 mins **COOK** 1 hr 30 mins

600ml/1pt groundnut oil

1kg/2lb 4oz pork spare ribs, separated into individual ribs

FOR THE BRAISING SAUCE

850ml/1½pts chicken stock

2 tbsp chilli bean sauce

1 tbsp granulated sugar

75ml/2½fl oz Shaohsing rice wine or dry Sherry

1½ tbsp dark soy sauce

2 tbsp light soy sauce

2 garlic cloves, finely chopped

2 spring onions, finely chopped

2 tbsp whole yellow bean sauce (optional)

3 tbsp hoisin sauce

2 tbsp cornflour blended with

3 tbsp water

1 Heat the oil in a deep-fat fryer or large wok and deep-fry the spare ribs until they are brown and crisp. Do this in several batches, draining each cooked batch well on kitchen paper.

2 Combine all the sauce ingredients in a large pan and bring to the boil. Add the deep-fried spare ribs, cover and simmer for about 1 hr or until they are tender. Drain off the sauce and remove any remaining fat.

3 Heat oven to 180C/160C fan/gas 4. Put the spare ribs on a rack in a roasting tin and bake in the oven for 15-20 mins until they are brown, basting with the braising sauce every 5 mins.

4 Using a cleaver or a sharp, heavy

knife, chop the spare ribs into 6cm-long pieces. Turn them onto a warm serving platter and serve immediately.

PER SERVING 405 kcals • fat 22g • saturates 8g • carbs 20g • sugars 11g • fibre 2g • protein 30g • salt 4.7g

Tip

The braising sauce can be frozen after step 2 and reused the next time you make this dish. If you want to get ahead, the dish can be prepared up to this point the day before.



Chilli pork spare ribs



Fried stuffed cucumbers





Mother
Baby &
Child

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THE MOST BEAUTIFUL
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OF MANKIND.”

The all-new Mother, Baby & Child magazine

MAY ISSUE

Out Now

Gourmet Lifestyle

Travel, global cuisines, health, interviews, kitchens and more



IN THIS SECTION

* We sit down with quirky celebrity chef Simon Rimmer from The Scene, **P80** * Experience Michelin-starred dining in Mauritius, **P82** * A food tour of beautiful Venice, **P98** * Team BBC Good Food ME travel to Doha for Qatar's International Food Festival, **P100**



SIMON'S SCENE

He's one of the UK's favoured TV personalities – notably as host on Channel 4's 'Sunday Brunch', the best-selling author of 'Seasoned Vegetarian' and 'Lazy Brunch', and the culinary genius behind Pier 7's 'The Scene' on Dubai Marina. Chef Simon Rimmer sits down for a cuppa and a catch up with us during his recent trip to Dubai. **By Sophie McCarrick**



Known for pioneering work with vegetarian food at his Manchester restaurant 'Greens', Simon set out to change people's attitudes towards veggie-friendly food in the early 90s – and has done just that. Believe it or not, he's actually a meat-eater – however, enjoys the challenge of cooking with vegetables and strives to create and innovate with the ingredients.

Since the opening of his first Dubai outlet, The Scene in 2014, Simon's popularity in the Emirate has flourished – gaining him an outstanding reputation for creating a retro-cool, eclectic eatery with contemporary British comfort food – let's just say it's a place you very rarely see empty! Think East London and downtown New York. It's a laid-back place to chill with a menu sure to please.

Following the success of The Scene – Simon talks plans of launching a second....

At what age did you realise you were destined to be in the kitchen?

I was 27 – this was when I bought my first restaurant and taught myself to cook! Before that I'd worked only front of house, but fell in love with cooking from first day.

You're quite an advocate of vegetarian-friendly food – what took you down that route?

Greens already existed as a veg café, so it made sense to continue. The creative process behind great veggie food is huge! Think about it – you can buy a great piece of aged steak, cook it and put it on a plate, job done, but you can't do the same thing with an aubergine. You have to flex your creative muscles with pretty much every ingredient when it comes to vegetables – and I love that!

What attracted you to launch The Scene in Dubai?

I'd been approached on 4 separate occasions about doing a project in Dubai, but all of them were for fine dining in luxury hotels here, and that's not my world. When I was confronted with the vision for The Scene it had me instantly excited and I was in!

Can we expect to see any other culinary ventures from you in the region?

We're actually looking to maybe launch another The Scene. Watch this space....

For our foodies that still have yet to try out The Scene – what are they missing out on? What are the menu must-try dishes that you'd recommend?

The Scene is the best goddamn local restaurant in Dubai. We're an irresistible force once you've been. A night out with friends? A night out with other half? Sunday Lunch?



“We're actually looking to maybe launch another branch of The Scene. Watch this space....”

Valentine's, Christmas, Mothers' Day? We are the place to be, catering to all, no matter the occasion. In terms of must-try dishes, you have to try the chicken kiev, feta pie, sausage roll and eggs benedict fries.

When you're in Dubai – where are your favourite spots to dine out?

I love The Maine Oyster Bar & Grill, Marina Social by Jason Atherton, and Rang Mahal at JW Marriott Marquis.

Where do you find your culinary inspiration when writing new recipes?

I write recipes every day, I'm like a magpie – I see something shiny and pretty and I want to use it. I'm like a

kid in a sweet shop – ingredients and seasons never disappoint, I'm always experimenting.

What five ingredients can always be found in your home kitchen?

Vanilla, chilli, salt, curry powder, and eggs.

As a father yourself – what would be your advice on getting kids involved in the kitchen and interested in good food from an early age?

Bombard your kids with tastes, flavours and food as soon as you can. Kids love starting with a selection of ingredients and ending up with something to eat – a bit like chefs, who are fundamentally kids that never grow up!

Tell us about your passions outside of the kitchen? I have to ask, being a Liverpool FC fan myself, but we hear football is one on them!

Absolutely, I love my football, Liverpool Football Club is just behind my family and cooking – I'm a big fan! After that I love to run, read crime novels, like Lee Child, Michael Connelly, Mark Billingham. I love art – Paula Rego, Chagall, Jacki Tsau. I'm patron at The Prince's Trust – a youth charity that helps young people aged 13 to 30 get into jobs, education and training – Brainwave, and Francis House – basically a lot of charities that relate to helping kids and young people.



Text by SOPHIE MCCARRICK | Photographs SUPPLIED

Michelin-starred *Mauritius*

We head to beautiful Mauritian shores to discover talents in the kitchen at Festival Culinaire Bernard Loiseau – a food-driven competition with Michelin-star chefs in remembrance of the culinary legend, Bernard Loiseau. By Sophie McCarrick

Remembering Bernard Loiseau



A child from Chamalières in France, the remarkable Bernard Loiseau started out as an apprentice in the kitchen from 1968 to 1971. Little did he know at

the time, that he would go on to bag 3 Michelin stars at the head of La Côte d'Or in Burgundy twenty years later – earning him stardom in the culinary world. With pressures of the industry heavy over his head, chef Bernard Loiseau tragically lost his life in 2003. And now, his astonishing legacy lives on at his restaurant, Relais Bernard Loiseau – which still runs as strongly – and through the Festival Culinaire Bernard Loiseau, held every year in his memory.

Now in its eleventh year, the Festival Culinaire Bernard Loiseau has grown tremendously since its inception – each occasion grander than the last.

Celebrating the life of former 3 Michelin-starred chef, Bernard Loiseau, the event takes place annually over a one week period at the Constance Belle Mare Plage in Mauritius.

Each year inviting six Michelin-starred chefs to participate alongside six island chefs from across Mauritius, Maldives and Seychelles, the competition has seen the likes of chefs Michael Caines, Serge Viera, Tim Allen, Bruce Poole and Mike North take part over the years.

To kick-start the competition, each Michelin-starred chef is paired with an island chef. Set in teams of two, the pairs are then challenged with serving eight plates for each of three courses, comprising one canapé (the only course that can be made hands on by the Michelin chef), one starter and one main course, all showcasing local ingredients. Although the teams work together to plan, create and learn their dishes together, only the island chefs are allowed to cook the starter and main courses for the judges, while the Michelin chefs act as coaches, teaching new techniques and skills.

Over the course of the festival, not only does the competition take shape day by day, but the renowned chefs and special guests



Off to Flacq Market the team of chefs and media go....

CHEFS OF THE 2016 EDITION

THE PARTICIPATING MICHELIN STAR CHEFS WERE:

- Marc de Passorio from L'Esprit de la Violette, Aix-en-Provence, France
- Oliver Roeder from Bemergs Häuschen, Flammersheim, Germany
- Yusuke Goto from Amour French restaurant, Tokyo, Japan
- Tommi Tuominen from Restaurant Demo, Helsinki, Finland
- Michel Husser from Le Cerf restaurant, Marlenheim, Luxembourg
- Berwyn Davies from The Glasshouse, Kew, UK

THE ISLAND CHEFS WERE:

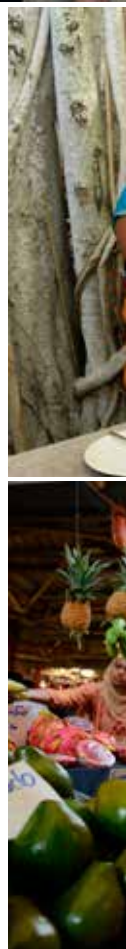
- Vikram Soobrun from Constance Belle Mare Plage
- Hildy Sinon from Constance Lémuria Seychelles
- Benjamin Painset from Constance Ephélie Seychelles
- Don Bedila Villa Real from Constance Moofushi Maldives
- Kritesh Halkory from Constance Le Prince Maurice
- Aslam Zia from Constance Halaveli Maldives

also orchestrate exclusive dinner menus and cooking demonstrations for participants of the event. For foodies, this provides an amazing opportunity to meet gastronomes alike, taste dishes prepared to the highest of standards and delight in new, exciting Mauritian flavours.

Overall, the main purpose of the festival is to support exchange, experience and knowledge of all participating professionals, including the chefs, food-focused media, food consultants, and others, all of which share a common passion – the love of cooking and the art of the table. During the festival, special attention is given to the art of hosting through the 'Art De Table Competition' and through the 'Sommelier Contest', 'Barman Contest' and 'Café Gourmand Contest'.

During this year's edition, the panel of jury comprised Mrs Loiseau, chef Patrick Bertron, the founding member, Paolo Basso from Switzerland, the best sommelier of the world 2013, Walter Kei, a famed food writer and influencer from Hong Kong, and the renowned French pastry chef, Pierre Hermé, amongst others.

Harvesting influences from a mix of settlers who arrived in Mauritius years ago – French,





A local man plays beautiful Mauritian music.



High standards of food at the festival.



Editor, Sophie tries the local cuisine.



A traditional Mauritian gathering with authentic food.



Teams pick produce to prepare their dishes.



Chefs having fun at the local market.

GETTING THERE

Emirates Airlines have two flights daily flying from Dubai International Airport into Mauritius, taking approximately 6 hours and 35 minutes. Ticket prices start from US\$1,400 (around Dhs5,000) for economy return, and US\$3,500 (around Dhs13,000) for business class return. Please note that these figures are priced based on travel during high season.

Visit: www.emirates.com

Want to go to next year's festival?

Where? Belle Mare, Poste de Flacq
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Call: (230) 402 26 00
Website: www.constancehotels.com



The team of chefs participating in the event.



The judges had a hard decision.



Here come the dishes....

British, Portuguese, Dutch (to name a few) – chefs were equipped with a wonderful range of flavours and ingredients to create recipes with. In doing so however, they had to ensure a superior mix and balance of tastes to please the judges. They were also tasked with using local ingredients including palm heart in particular – a local Mauritian product which is firm in texture and pale in colour. It's quite subtle in flavour, and almost resembles that of an artichoke, with nutty hints.

After tough deliberation, the judges admitted it came quite close between two teams in particular – they didn't know which teams at the time however, as they judged the competition blindly – I must admit the competition was fierce and full of passion. Bringing the event to a close, a gala evening saw the winners of the competition announced, with Kritesh Halkory and the one Michelin-starred chef Michel Husser proudly taking home the trophy.

For eager foodies wishing to engage with those who share the same culinary interests, the Festival Culinaire Bernard Loiseau provides the perfect platform for showcasing talents in the kitchen – and what better place to do so than in the breathtaking surroundings of the East Coast of Mauritius.



A Mauritian must-see!

Whether you're heading over to check out next year's festival, or are visiting Mauritius for a holiday, there's a hot spot located at neighbouring Constance Le Prince Maurice that shouldn't be missed out on.

Le Barachois Restaurant is a unique floating eatery specialising in seafood. Located idyllically in a natural fish reserve, the restaurant comprises five floating decks (don't worry, they won't make you motion sick, they are rather steady) and is accessible via a romantic wooden footpath. Although it caters to all, this really is the place for a perfect night with your other half, or a gathering with close friends.

With views over the mountainous landscape and calm lagoon, the restaurant is also paired with a stunning bar, separated by another wooden pathway. Go and see for yourself – we left wondering why a concept like this hadn't yet reached Dubai's shores....

TRY THE WINNING RECIPES AT HOME!

By Chef Michel Husser

"Pannequets" of salmon and green papaya, coulis of watercress and ginger

SERVES 8

800g organic salmon filet

3no bilimbi

1 green papaya

2 spring onions

2 kaffir

2 bunch of watercress

50g ginger

300g coconut milk

100g fresh coconut

FOR THE VINAIGRETTE FOR CHUTNEY

200g rice vinegar

180g water

50g sugar

10g salt

1 bay leaf

pinch of coriander

pinch of cloves,

pinch of star anis

2g turmeric

FOR SEASONING

Sea salt, to taste

Coarse gray salt, to taste

Olive oil, to taste

Tailed pepper from Madagascar

(Voatsiperifery), to taste

1 Soak the salmon in an icy brine (100g of gray salt/liter) for one hour.

2 Reduce the coconut milk to thicken.

3 Remove the stalks from the watercress, blanch the leaves, cook the tails in a broth with ginger, move everything in a blender for a thick and creamy sauce, season with salt and reduced coconut milk, add a few grams of Xanthan to thicken.

4 Cut a few thin slices of green papaya.

5 Cut the bilimbi in brunoise and blanch in salted water.

6 Drain the salmon, cut into thin slices, season with salt and pepper Voatsiperifery. Dress square stainless steel with salmon slices. Cut the remaining salmon into small cubes (like a tartare), add the bilimbi diced, grated green papaya, chopped green onions, season with pepper, olive oil and the kaffir juice. Stuff the square with this preparation and keep it cool for another hour to marinate.

7 Garnish the plates with watercress coulis, reduce coconut milk.

8 Place 2 pannequets of salmon in the middle of the plate, garnish with pickled papaya slices, some fresh coconut, fresh watercress leaf. Seasoned the whole plate while grating the Kaffir with a zester and pepper from Madagascar.



Stuffed organic prawns' tails coated with tamarin, 'bredes songes' coulis, dhal and cocoa nibs

SERVES 8

24 organic gambas OSO from Madagascar

1 egg

100g cooking cream

300g dried tamarin

1 bunch of 'brèdes songes'

200g dhal

50g fresh butter

2 shallots

2 garlic cloves

1 lemon

1 red onion

1 carrot

1 chayote

1 small beetroot

1 arouille 'root'

50g fresh peanuts

20g nibs of cocoa

FOR THE CURRY PASTE

5g coriander

2g cumin

1 garlic clove

1 piece of turmeric

2g star-anis seed

2g cinnamon

5 curry leaves

1g chilli

2g black pepper

1 Toast the spices and crush them in the traditional pestle with a little water.

2 Peel the prawns and keep the heads.

3 Take 12 prawns' cleaned heads

crushed gently to flatten finely, sprinkle with a little rice flour and fry at 150 degree in the olive oil to make them crispy.

4 Make a very thick stock with the remaining prawns' heads blazed with rum, garlic, shallot, tomato paste. Sift and reduce the juice.

5 Cook the lentils with a clove of garlic, shallot and 50g of curry paste, mix to get a very fine, smooth purée. Add 50g of butter.

6 Vacuum cook the carrot, chayote for 15 minutes at 90 degrees.

7 Fry the 'arouille' roots as chips.

8 Cut the leafy vegetables into cubes, marinate with lemon to fix the color, cook as a stew and mix to obtain a thick coulis.

9 Cook the tamarind in a broth, let it reduce, sift, reduce and link with a little Xantane for a thick juice.

10 With a cutter, make a stuffing with the 8 breaded prawns' tails and bound with an egg and cream.

Open the 16 remaining prawns' tail by cutting them in their length. Place on paper film, stuff them and roll them into a cylinder.

11 Steam the prawns for 3 minutes at 75°, let stand.

12 Garnish and decorate the plates with dhal, carrots and chayote rolled into cylinders, the beetroots and the 'arouille' chips, roasted peanuts and fried red onions slices.

13 Remove the prawns from the plastic wrap and brush with the juice and place them on the plate.

Garnish the plates with the coulis of 'bredes songe', reduced tamarind juice and sprinkle with cocoa nibs.



Season finale at Emirates Golf Club.
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Adult beverages served.



A 2016 MUST-SEE
DESTINATION!

IDYLLIC ISLAND DINING

We travel to Dusit Thani Maldives – a place of unparalleled beauty paired with incomparable Thai hospitality and inescapable luxury for a culinary adventure to remember. By Sophie McCarrick

Text by SOPHIE MCCARRICK | Photographs SUPPLIED BY SOPHIE MCCARRICK

Sat eagerly watching with fascination from the seaplane window – our transportation from Malé Airport to Mudhdhoo Island – I spot it from the sky after about 30 minutes of flight, our home for the next four nights – the postcard-perfect, island resort of Dusit Thani Maldives.

Surrounded by crystalline blue, gently splashing waves, soft swaying palms, and white washed sandy shores, the island's welcoming team greets us with cold towels, iced drinks and warm smiles upon landing. I'm instantly relaxed.

Escorted to an awaiting golf buggy is where we meet Hannan, our personal butler for the stay. "If you need anything, anytime, day or night, here's my number. Give me a call and I'll be happy to help", he assures.

It's apparent that incomparable service and luxury is a key ingredient on this island. On route to our room while passing through the gorgeously lush, forest-like landscape of the island's interior, the realisation of where I am hits me. The scene couldn't be more perfect – we've touched down in paradise, located in the Maldives' first UNESCO World Biosphere Reserve, Baa Atoll.

Dusit Thani Maldives is everything the photos online depict, and more (trust me when I say there are stunning photo ops on every, single corner).

Checked in and at ease with the naturally luscious surroundings and second to none service, I'm now ready to discover the island's culinary offering. Something I now refer to as a gourmands dream.

A word with the chef

When it comes to dining on the island, there are more options available than you can imagine. To my surprise, everything is accessible here. If there's a certain cuisine you fancy, it's available – thanks to a dedicated culinary team that work around the clock and plan months in advance to ensure food standards and quality remain unparalleled, tells the resort's executive chef Cameron Steele.

The Scots chef explains that despite being miles away from the mainland, separated by open waters, the island is able to offer cuisines ranging from Thai, Arabic, French, Maldivian, American, Indian, Chinese and more.

"We really pride ourselves on being able to cater to the needs of all of our guests here, while also staying up-to-date with the latest culinary trends



Chef Cameron and editor, Sophie

and food happenings around the world," he says.

As an island destination, food and beverage all has to be imported – which is no easy business by any means. Listening to chef Cameron's behind the scenes take on how it all works is admirable – there's so much more to the F&B processing here than meets the eye.

It takes days alone for a shipment to reach the island from the capital, so food orders have to be made in advance based on occupancy predictions, catering to all tastes, waste prevention and other important criteria.

"It's funny to think that Christmas is over eight months away, yet we've already got our orders in," he jokes. "It's all about preparation, so we're always able to deliver what's expected."



And, he was right, there wasn't a thing missing from the island's food scene.

Borderless dining

This island is perfect for those looking for an offering of flexible dining, from in-room options with meals served poolside to your villa's deck, to romantic lunches and dinners arranged at various private locations around the island (also known as 'borderless dining' options) – there are plenty of choices to keep you occupied.

On the first night we were stunned by a candle-lit dinner on the beach, complete with a personal server – Lachey, who became our server for the duration of the trip – something that really added to the personalisation of our stay. "It's quite



GETTING THERE

Emirates Airlines have three flights daily flying from Dubai International Airport into the Maldivian capital of Malé. Ticket prices start from US\$800 (around Dhs3,000) for economy, and US\$2,000 (around Dhs8,000) for business class. Please note that these figures are priced based on travel during high season.

Visit: www.emirates.com



common that are guests here have a dedicated server for their holiday,” he tells us.

From the get-go Lachey knew our favoured drinks, preferred meat temperatures, and spice preferences. He was on hand to answer any questions, as well as add to our experience with information about the destination we wouldn’t have known otherwise – all without being intrusive.

Another evening we were treated to a barbeque for two, served at a private location known as the wedding pavilion. Here a chef, teamed with Lachey, to cook a meal fit for a king. From grilled lobster and scallops, to medium-rare tenderloin and foie gras, this experience offered it all (for the love birds looking for a honeymoon spot, or a spot

perfect to pop the big question – here’s where you need to be).

Next up on the borderless dining list is a lunch not to be missed. Set upon the white, soft sandy shores – this lunch option allows you to sit with your toes submerged in the refreshing water while a three-course gourmet meal is served. We enjoyed a light chicken cesar salad, followed by freshly grilled ‘catch of the day’, and a serving of made-in-house mango sorbet – perfect for the time of day.

With the fish swimming around our feet, I’m in my element – “what could be any more perfect than this?” I ask.

“Well, we do actually offer guests the opportunity to dine out on the sandbank when the tide is low,”

tells Lachey, pointing out across the turquoise waters. “A boat takes diners across, where a meal of their preference will be made on a barbeque, or prepared in-kitchen and driven over.”

Just when you think the pinnacle has been reached, comes something to push luxury boundaries. Incredible food standards aside, I’ve come to realise that it’s all about creating experiences here, the team at Dusit Thani Maldives really allows you to make memories that’ll last a lifetime.

In addition to the awe-inducing borderless dining options available, there are five F&B outlets on the island – and it’s hard to choose which one to start with.

Admittedly, Benjarong was my favourite of the

trip (partially swayed by the fact I adore Thai food!) This is Dusit Thani's global signature restaurant and it never disappoints. Set over glistening waters on tall stilts, the restaurant is open for lunch and dinner, paired with unbeatable views over the ocean and into an open plan kitchen where a seasoned team of Thai chefs whip up mouthwatering dishes smelt throughout the dining room.

"I'd never want to work anywhere else," admits chef Sunai who has worked on the island for several years. "With a kitchen overlooking these views – what could be more relaxing? I'm blessed to work here and have access to the specialty Thai ingredients that allow me to create the cuisine I love here."

6 *We really pride ourselves on being able to cater to the needs of all of our guests here, while also staying up-to-date with the latest culinary trends and food happenings around the world* 9

From traditional Thai green curry (recipe overleaf), cashew nut chicken and Tom Yum soup, the flavours were outstanding – and true to typical Thai style, they had a spicy kick! For dessert, I requested mango sticky rice (my all time favourite), and it was the best I've ever tasted. Served with an extra portion of coconut milk on the side, the dish was perfectly executed, moist and plentiful.

Following dinner, you're able to head up to Sala Bar, the deck above Benjarong serving refreshing cocktails under the open skies.

Next on the list is The Market, where international flavours are brought to life each night. With a specialist buffet, this outlet showcases individual worldly cuisines on



rotation each night of the week – making it the ideal venue to head to when you're in the mood for a range of options.

Another great restaurant, Sea Grill, exists poolside and features outdoor seating and private wine cellar seating – both of which allow you to sit in barefooted bliss with sand in your toes. Here a large open grill allows diners to choose from a range of fresh fish from a counter, or choose from an à la carte menu that features premium options from both land and sea.

After dinner, adjacent Sand Bar is just steps away across the twinkle-light lit infinity pool. Ideal for a relaxing nightcap paired with shisha, this bar is also the best spot on the island for sundowners and snacks as the sun sets in the distance. With

live music and set happy hours, this is where you come to watch the world go by.

Splashing around

Once your food cravings are satisfied, it's on to exploring the island's activities. Now, you may think that the Maldives is just a honeymooners destination for lounging around on beautiful beaches day to day, but it's not. There's a relatively wide selection of unique activities to keep you active and busy.

With Dusit Thani Maldives encircled by a 360 degree living house reef and a gorgeous aqua lagoon – it's pretty obvious where to get started. We head to Seasplash Dive and Water Sports Centre – a spot where you have access to water



Benjarong



sports, snorkeling equipment and the ability to plan boating trips for dolphin watching, sunset cruises, deep-sea diving or to go snorkeling at prime locations for spotting whale sharks, tropical fish, turtles, eagle and manta rays, and more (don't forget to bring the GoPro!). There are also kayaks, jet skis, jet packs, water skis and a bunch of other equipment for ensuring optimum water fun.

After picking up our snorkeling gear, we head paddle out to the reef, where schools of tropically coloured fish swim around in the crystal clear waters, in and out of the breathtaking coral. As an avid lover of the water, this moment was one I'll never forget. Discovering the underwater world at it's best – it's a magical memory to make.

If you're looking for something a little more laid back, relax at early morning yoga at a serene pavilion overlooking the water. Then head to Devarana Spa and pick out a treetop treatment pod for a pampering massage of your choice – nestled in jungle-like surroundings with soothing music, this experience truly induces a state of zen and tranquility. This spa is focused around the traditional Thai heritage of natural healing, and masterfully marries old Thai therapies with modern techniques. It's safe to say we left floating on cloud 9. And, what's better yet is that you can drop the kiddies off in the care of the resort's Baan Sanook Kids Club – where they'll be kept entertained and happy.

Sleep under the stars

Now, when it comes to resting your head – you may think a room is just a place for retiring to in the evenings, but this isn't the case here. We actually spent a good chunk of time at the villa due to its fantastic facilities – it really made the holiday.

With seven villa types to choose from, it's a tough call deciding which one of the 94 immaculately equipped, Thai-inspired rooms to opt for.

Ranging from Beach Villas (which come with and without pools) that are beautifully engulfed by tropical flora and private access to the beachfront, to Water Villas with pools that provide the best of both worlds with beach and direct lagoon access.

Next on the list there's the Ocean Villas with



Dusit Thani Maldives
Mudhdhoo Island, Baa Atoll, Republic of
Maldives

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Pools, which are accessible via picture perfect wooden, winding pathways over the water. Perched idyllically above the Indian Ocean, these villas feature private, infinity plunge pools and access private access into the coral-filled water.

For families travelling to the island, there are Two Bedroom Family Beach Villas available, designed in a child-friendly manner with walls enclosing the garden and recreational area for privacy. These villas also offer a private pool – equipped with all the essentials needed for a perfect, intimate family getaway.

To add to the collection of stunning properties, last on the list are the exclusive Ocean Pavilions

and Beach Residences’ – there’s only two of each on the island. In a nutshell, the Ocean Pavilions are floating havens of luxury, with two bedrooms, a large private infinity pool and a gorgeous deck for relaxing on. While the Beach Residences’ brings as sense of home indulgence to your stay, with extensive living space, two bedrooms, welcoming comforts and a private pool that leads onto the beach.

All villas at Dusit Thani Maldives are furnished with subtle Thai touches, yet boast the beautiful Maldivian architecture expected at such a destination. One thing I loved especially about our villa – which you’re able to in any room on the island – is the ability to stargaze under the moonlit sky at night. Out in the ocean, away from the city’s streetlights, the skies natural beauty really comes through, awash with the brightest shining stars.

Experience of a lifetime

All in all, this destination comprises the ingredients essential for creating the most memorable of experiences. Whether you’re

looking for a relaxing getaway of a rejuvenating fun-filled holiday to detox from the stresses of everyday life, Maldives offers it all – and as did I, I’m sure you’ll leave reflecting on this being one of the most breathtaking destinations in the world.

From the healthy, positive, helpful attitudes of the team, the naturally stunning surroundings, the lack of pollution in the softly blowing, fresh breeze, to the innovative cuisine and the safe sense of security provided, there’s not much more you would wish for from a holiday spot.

As we board the speedboat for a 10 minute ride across to Dharavandhoo Domestic Airport for a domestic flight back to Malé Airport (seaplanes are not allowed to fly after sunset), I feel genuinely sad to be bidding a farewell to the island I’ve fallen in love with and the team we’ve become friends with.

With the waves splashing around the boat as we jet off, I turn around to click one last snap of heaven.

..... I’ll leave you to guess what my desktop’s screensaver is! 📸

A taste of Dusit Thani Maldives

Try these island favourites at home!



Yam Nuea Yang - grilled beef salad

INGREDIENTS

250g beef tenderloin
60g onion, sliced
60g tomato, deseeded and sliced
30g celery, sliced
10g cucumber, sliced
10g small chilli
2g garlic, chopped
80ml fish sauce
80ml lime juice
60g palm sugar
20g spring onion
5g lettuce

Sprinkle of spring onion and coriander to serve

1 Slice the beef length ways. Place the slices of meat on the grill (barbecue) until cooked.

2 Mix together the garlic, chopped chillies, fish sauce, lime juice and sugar, in a bowl.

3 Toss the meat into the mixture and add celery, onion and tomato. Serve on a plate lined with lettuce, and finish with a sprinkle of coriander and spring onion.



Gaeng Kiew Wan Gai - green chicken curry

INGREDIENTS

500ml coconut milk
100g green curry paste
60ml vegetable oil
250g chicken thigh, sliced
2g kaffir leaves
20ml fish sauce
20g palm sugar
40g mini round eggplants
40g Thai eggplant, cut into wedges
30g basil leaves
20g red and green chili, sliced

1 Simmer coconut milk with green curry paste and add the vegetable oil, chicken, kaffir leaves and seasoning with fish sauce and palm sugar.

2 When the chicken is cooked add the eggplant.

3 Taste before you remove from the heat and put in basil leaves, sliced red and green chili and creamy coconut milk as garnish.



Chocolate fondant

SERVES 2

INGREDIENTS

50g butter
40g brown sugar
1 eggs
20g corn flour
70g melted dark chocolate
Vanilla ice cream, to serve

1 Beat the butter and sugar until creamy.

2 Add the egg and mix in the corn flour. Mix in melted chocolate.

3 Pour into buttered and sugared mold and bake at 180C for 10 minutes.

4 Remove from oven and allow to sit for a few minutes before serving warm with vanilla ice cream.



FOOD LOVERS' WEEKEND

Paris

*Baking expert **Edd Kimber** is a frequent visitor to the French capital – for work, pleasure and inspiration. He recommends his favourite places to eat and shop*



Paris has been a constant source of inspiration for me. Patisserie is a proud tradition there, however French bakers still manage to be innovative and at the forefront of trends. The city always has a new patisserie, and recently they seem to specialise in something different, such as Japanese-influenced angel food cakes, or a fresh take on eclairs.

Aside from these wonderful sweet treats, I also love the flea markets and homeware stores, particularly in Le Marais district. Cookware isn't really any cheaper in Paris, but the brocante (second hand) markets that spring up around the capital can be a fun and sometimes inexpensive way of finding those vintage items you've always wanted.

Where to stay

Many tourists choose to stay near the Eiffel Tower or Arc de Triomphe, however I prefer Le Marais, right in the heart of Paris. Its narrow streets have more atmosphere and are filled with cafés, bars and restaurants.

Shopping in Les Halles

More fun than shopping in the boutiques of Champs-Élysées, the kitchen shops of Les Halles are a great way to spend an afternoon. E.Dehillerin (e-dehillerin.fr) is like a cookware museum – clearly little has changed in the past two or three decades.

Visit Mora (mora.fr) for anything and everything a baker could ever need. If it's ingredients you want, G.Detou (58 Rue Tiquetonne) is a must. It's small but packed floor to ceiling with the best ingredients you could wish for – an Aladdin's cave of everything delicious.

Pastries & brunch

Du Pain et Des Idées (dupainetdesidees.com)

in the currently en vogue area of Canal Saint-Martin (just north of Le Marais), is one of my mainstays, where I always have a buttery pistachio escargot – a swirled pastry.

If you fancy something more substantial, you'll love the warm welcome at Holybelly (holybel.ly). A cross between an Aussie coffee shop and a US diner, the food isn't exactly French, but it is one of my favourite spots in Paris. Check out the pancakes served with bacon & eggs.

Sweets in St Germain

Head to Rue du Bac – it's my go-to destination for patisseries and chocolateries by some amazing producers, including Jacques Genin (try his passion fruit & mango caramels), Du

Gâteaux et du Pain (they make wonderful croissants), and La Pâtisserie des Rêves for decadent Paris-Brest (a ring of choux pastry filled with praline cream).

If you want to bring back some edible souvenirs,

walk to the end of Rue du Bac where you'll find Le Bon Marché and its beautiful food hall, La Grande Epicerie. It's also worth heading upstairs to the store's cookware department, but beware, it's not cheap!

Exploring Le Marais

There are plenty of places to get coffee in Le Marais, but my favourite is one of the newest on the scene, Boot Café (19 Rue du Pont aux Choux), housed in a former shoe repair shop. Tiny it may be, but the coffee is absolutely brilliant.



The area also has fantastic fashion boutiques and design stores. Don't miss Merci (merci-merci.com), a gorgeous store on the edge of Le Marais. If you are still looking for sweets, L'Éclair de Génie (53 Rue de Passy) is definitely a must.

Cocktails & dinner

After a day of shopping, a cocktail is in order and Le Marais doesn't disappoint. Mary Celeste (1 Rue Commines) has wonderful cocktails and serves great small plates (try the devilled eggs). Or head to the relatively new Bespoke (bspk.fr), a Brooklyn-inspired bar serving cocktails and sliders. For something slightly slower paced and more traditional, relax at La Belle Hortense (31 Rue Vieille du Temple) a cosy wine bar set inside a bookshop.

I also love the brilliant Marché des Enfants Rouges (39 Rue de Bretagne), the city's oldest market. Buy produce to make your own dinner or grab something at one of the stalls – there's everything from Italian to Moroccan and Lebanese food.



ABOVE The brilliant Boot Café, in a former shoe repair shop
LEFT Delicious eggs for brunch at Holybelly
TOP RIGHT Stunning eclairs at L'Éclair de Génie
RIGHT A Moroccan stall in the covered market, Marché des Enfants Rouges



A taste of Edd's Paris

Pavé au chocolat

Pavé means 'pavement' or 'cobblestone', and a box of these truffles really does look like its namesake – a small cobbled street. Traditionally, these come as tiny squares, often served in a box barely bigger than a matchbox, with a little skewer to help you eat them.

MAKES 30 truffles **PREP** 5 mins plus 1 hr cooling and chilling
COOK 5 mins

175g dark chocolate (60-70 per cent cocoa solids), finely chopped
175ml whipping cream
10g light brown sugar
cocoa powder, for coating

1 Line a 23 x 13cm loaf tin with a large piece of cling film. Put the chocolate in a heatproof bowl and set aside. Tip the cream and sugar into a small pan and

bring to the boil. Remove from the heat and pour the cream over the chocolate. Leave for 2 mins before stirring together to form a silky-smooth ganache. (If you find that the ganache splits, a great way to bring it back is to use a stick blender, which will emulsify the ganache brilliantly.)

2 Pour the ganache into the prepared loaf tin, spreading it level, then leave it to cool at room temperature for 1 hr. Transfer the ganache to the fridge to set completely.

3 To finish, remove the ganache from the tin, transfer to a chopping board and use a thin, sharp knife to cut it into cubes. Coat in a little cocoa powder, gently shaking the truffles in a fine sieve afterwards to remove the excess.

4 As with all ganache-based recipes, these truffles are best served at room temperature to ensure the perfect texture, but if you are storing them for more than a few days, keep them in the fridge and remove them a few hours before serving. Store in an airtight container.



A SNAPSHOT OF VENICE

A must-see foodie destination this summer....

Keeping the population of any city fed takes real skill and planning. Add the complexity of millions of annual tourists, mainly in town for a day at most, plus the jigsaw of 177 islands that make up the city and you'll understand that food in Venice is a logistical nightmare! The surprise is that the 60,000 permanent residents eat well, with fish central to their diet. The city was historically a major maritime power and a centre of commerce for grains and spices – a source of great wealth that ensured its population were always able to eat well. Dave Reeder shares some of his food memories and photos of the city.



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DOHA DIARIES

#BBCGoodFoodMEdoesDoha

A record-breaking 200,000 food-loving visitors enjoyed a week-long event of live cooking, celebrity chef demonstrations and fabulous live music at the seventh annual Qatar International Food Festival (QIFF) – the city's largest to date! Here we take a look-back at the fun-filled event that our editor, Sophie attended with sales director, Michael and sales manager, Amish.

Qatar's capital welcomed thousands of the region's food lovers' between March 22 and 28, across three of Doha's hot spots – the Museum of Islamic Art Park, Katara and the Pearl-Qatar – for seven whole days of indulgence. The food-driven event allowed guests to gather and sample a wide variety of fresh fare from many locally operating popular restaurants and hotels, for as little as Dhs10 per serving.

The event was kick-started with much excitement as the famed Martha Stewart took to the stage to whip up a selection of dishes, shortly followed by the likes of Australia's Master Chef star, George Calombaris, and Salma Soliman of Fatafeat TV.

Over the course of the festival, foodies were able to enjoy popular activities such as Dinner in the Sky by Qatar Airways, the QIFF Live Cooking Theatre, High Tea by the Bay, InstaMarket, Health Court, BBQ on

a Dhow and BBQ on the Bay.

Each year, the festival also brings focus to one food-focused relationship with an international country. This edition saw the Qatar-China 2016 Year of Culture celebrated in a dedicated area, where everyone was able to indulge in Chinese and Qatari specialties and fusions.

Rashed Al Quresi, Chief Marketing and Promotions Officer at Qatar Tourism Authority, said: "This year's Festival is our best yet. Food is a universal expression of culture, and our Food & Beverage sector, along with our hospitality partners, excel at offering diverse culinary experiences of the highest standards."

"The seventh edition of QIFF was the perfect platform to showcase our country-wide five-star culinary and hospitality offerings, giving visitors a taste of Qatar's most authentic experiences," he added.







Win!

A 2-night stay for 2 adults at Mövenpick Bangkok worth over Dhs7,500!

Win a two-night stay for two at Mövenpick Hotel Sukhumvit 15 Bangkok in an Executive Room on half board

You and your guest could win a stay at Mövenpick Hotel Sukhumvit 15 Bangkok, in the Metropolitan Oasis in the heart of Bangkok. The property is a new modern Thai-inspired hotel, conveniently located in the vibrant Sukhumvit Soi 15 area, offering a laidback, relaxing and resort-like atmosphere.

Highlights of the 297-key hotel include a 20-metre rooftop pool and bar, 330 square metres of garden-themed meeting space, a cosy courtyard featuring a unique two-storey waterfall, and a separate check-in counter and exclusive lounge catered specifically for business travellers and guests in the Executive Suites.

The food and beverage promotions include a variety of choices from Lelawadee Restaurant's Thai cuisine Set Menu to the Daily Happy Hour at Rainforest Rooftop Bar, the perfect settings for guests to get some drinks and light bites before going on a Sukhumvit night-out.

The prize draw for a two-night stay for two adults at Mövenpick Hotel Sukhumvit 15 Bangkok will be made at the end of May 2016. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Winner must arrange own flights to Bangkok, Thailand.

Scan this QR code to go straight to our website.

Log on to bbcgoodfoodme.com

to enter this competition and simply answer this question:

Which cuisine is available at Lelawadee Restaurant?



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.



Win!

A 1-night stay for 2 adults at Taj Dubai, worth over Dhs7,500!



Delight in a one-night stay for two, with couples massage, dinner, drinks and breakfast at Taj Dubai

You and a guest are in with the chance of winning a luxury one-night stay in the Manharaja Suite at Taj Dubai, inclusive of buffet breakfast in Tesoro restaurant, 1 couples massage, pre-dinner drinks on the Terrace of the Maharaja Suite, followed by dinner for two at Bombay.

Taj Dubai will take you on an artistic and cultural journey through a selection of restaurants and bars. Blending authentic flavours with a fresh innovative piquancy, Taj Dubai offers an array of culinary delights, ranging from International to Indian fare. Dine in style at the global eatery Tesoro, enclosed within intricately carved lattice panels of Inca tribal woodwork; or enjoy fine Indian cuisine at Bombay Brasserie. 'Afternoon tea', a time honored tradition at the Taj, can be enjoyed at Byzantium Lounge, a chic space that boasts rich visual touches and includes a bar featuring art deco-style gold and black peacock lacquer panels. Soak up the relaxed atmosphere of The Eloquent Elephant, the neighbourhood gastro pub or Treehouse a stylish outdoor lounge with panoramic views of Burj Khalifa and downtown Dubai while sipping stylish sundowners.

The prize draw for the one-night stay for two adults at Taj Dubai will be made at the end of May 2016. The prize cannot be exchanged under any circumstances and is not transferable.

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to enter this competition and simply answer this question:

Which outlet at Taj Dubai offers international fare?



*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

Competitions

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs.

WIN! A VOUCHER TO SPEND ON BOSCH HOME APPLIANCES! WORTH DHS1,000

One lucky winner will win Dh\$1000 to spend on all Bosch Home Appliances at the Homewide Showroom on Sheikh Zayed Road to celebrate their latest release of bottom freezer fridges! One of the leading home appliance brands in the world, Bosch is here to make your life easier with perfect results.



WIN! A DINING VOUCHER FOR 2 AT YAS VICEROY! WORTH DHS600

Eleven dining and lounge venues at Yas Viceroy Abu Dhabi showcase cuisine from all corners of the globe. From lavish Mediterranean choices and house-made Italian pasta to Southeast Asian specialties and Japanese Teppan, from regional Indian delights to light snacks at the rooftop infinity pool.



WIN! A 1-NIGHT STAY WITH BREAKFAST AND BEACH CLUB ACCESS FOR 2 AT PULLMAN JLT! WORTH DHS2,400

Centrally located in the dynamic Jumeirah Lakes Towers, just minutes from Dubai's best leisure and shopping destinations and a step away from metro station which is connected to the new Dubai Tram, Pullman Dubai Jumeirah Lakes Towers makes it very convenient to explore the city's many attractions.



WIN! A MEAL AT CARLUCCIO'S FOR 4! WORTH DHS500

Carluccio's JBR have introduced their very own Secret Garden. Tucked behind the beachfront, the alfresco hideaway offers a secluded setting for guests to enjoy a superb breakfast, Italian favourites or even just a cup of coffee within the bustling beach complex on Dubai's popular JBR Walk. Little ones can be kept entertained with a dedicated menu as well as activities like face painting and cookery classes.



WIN! DINNER FOR 2 AT CIAO RISTORANTE WITH HOUSE BEVERAGES! WORTH DHS1,000

BCiao Ristorante is truly Italian with its traditional cooking methods, specialising in homemade pastas and freshly made seafood received daily from the Arabian Gulf. Ciao Restaurant is located on the JBR section of Dubai Marina, next to The Walk. The Restaurant is led by an Italian chef to reflect the origin of the Italian culinary and hospitality. Besides the culinary delights, Ciao Ristorante is an art gallery showcasing different artists.



WIN! A SET MENU IFTAR AT AZKADENYA FOR 4! WORTH DHS500

During the Holy Month, Azkadenya, the authentic Arabic Kitchen restaurant will be bringing friends and family together for a Middle Eastern Iftar experience. Traditional dishes will be served with a modern twist, ranging from of hot and cold appetizers, main dishes and the extensive dessert buffet to complete the evening. There will also be shisha and delicious Ramadan beverages on offer.



To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



GET INSPIRALIZED

Turn simple vegetables into healthy exciting meals

We've all embraced spiralizing as a simple and healthy way to transform raw veg into spaghetti spirals and make food prep fun. But there's so much more to it than just slinky salads and lower-carb spaghetti – think delicious desserts, tasty twisty treats and even comforting casseroles. In fact spiralizing lets us make super-healthy versions of lots of our favourite feasts, all lower in carbs but packed full of fresh fruit and veg flavours, and we've got lots of ideas to help you get inspiralized.



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